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GLORIOUS GROTTO
Two swimmers prepare to jump into the waters of the Grotto Tuesday afternoon.
MARK FARMER

Meth den uncovered in Papago

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The recent interception of a methamphetamine-filled parcel at the U.S. Postal Service in Chalan Kanoa led to the discovery of a meth den in Papago, according to CNMI Division of Customs officers.

In a press briefing yesterday at the CNMI Department of Finance's Customs and Biosecurity Division office in Puerto Rico, acting Customs director James Deleon Guerrero said that approximately 2 lbs of methamphetamine that were shipped from Canada were intercepted over the weekend at the CK Post Office.

"We want to announce the interception of yet another sizeable amount of crystal methamphetamine that was shipped out of Canada to our CNMI post office. As a result of that seizure and following the inspection of Customs officers, we were able to intercept a total of 997 and a half gross grams of crystal meth, which is equivalent to about two pounds," he said.

After the interception, Deleon Guerrero said, an investigation into the receiver of the package was launched, which ultimately uncovered a meth den in Papago where another 100 grams of meth was seized. Aside from the drugs, a large sum of cash was also found at the residence, the acting director added.

"As a result of that [interception], we activated our divisions, the Bureau of Contraband Enforcement, which eventually worked in collaboration with the CNMI Drug Enforcement Task Force, Homeland Security Investiga-

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KIMBERLY ESMORES
Acting Customs director James Deleon Guerrero, right, and John Henry Sablan, captain of the Bureau of Contraband Enforcement of the Division of Customs speak during a press briefing yesterday at the CNMI Department of Finance's Customs and Biosecurity Division office in Puerto Rico.

MVA Korea: Saipan seat supply will drop 4% in May

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

The Korea office of the Marianas Visitors Authority forecasts a 4% drop in airplane seats to the CNMI this month of May.

MVA Korea representative Sei Jin, who joined the MVA board meeting last Tuesday via an online platform, reported that Saipan's seat supply was 8,604 in April and that this number is expected to decrease to 8,257 in May, which is a 4% decline.

Jin attributes this expected decline in air seats to Korea budget carrier Jeju Air pulling out their Busan flights to the CNMI "because the load factor was very low."

Comparatively, Saipan's number of actual passengers was higher than Guam's in April, with the actual number of CNMI passengers at 3,840 while Guam was at 2,223. However, Guam's air seat supply is expected to be at

See MVA on Page 4

Tsunami drill at 3 Saipan schools

A tsunami drill will be scheduled for three Saipan schools on Tuesday, May 10, 2022 from 8am to 10am.

A news release yesterday from the Public School System stated that the drill will take place at Francisco M. Sablan Middle School in San Antonio, Hopwood Middle School in Chalan Piao, and Gregorio T. Camacho Elementary School in San Roque.

The tsunami drill aims to further strengthen the preparedness of public schools and ensure the continued safety of all public education stakeholders during disasters and emergencies, said Eric Magofna, associate commissioner for Administrative Services.

The evacuation routes identified for these schools' tsunami drill are: FMS - school to NMIFA soccer field parking lot; HMS - school to

See TSUNAMI on Page 4

Torres optimistic he'd be acquitted

By KIMBERLY B. ESMORES
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REPORTER

Torres

Gov. Ralph DLG Torres is optimistic that the Senate will acquit him following the impeachment trial that is set to begin on May 13.

In a brief statement from Torres, he said he looks forward to the Senate's acquittance.

"I'm very confident in my counsel. I think he did a great job so I look forward to being acquitted by the Senate. Again, I have every confidence in my counsel's performance," he said.

Representing Torres at the hearing will be attorney Anthony Aguon, who also represented him during the hearing on Torres' motion to dismiss the Article of Impeachment filed against him by the House of Representatives.

As for whether he would be attending the trial, Torres said he awaits the advice of

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COMMUNITY VULNERABILITY

LEGEND:
- **Red:** Least safe
- **Orange**
- **Yellow**
- **Blue**
- **Green:** Safest

Source: Office of the Governor

INSIDE

SUPPLEMENT
Today's issue comes with a pullout supplement that celebrates Mother's Day.
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ASIA
Rescuers in China have pulled a woman alive from the rubble of a building after almost six days.
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LIFE & STYLE
Amber Heard said she knew she should have left Johnny Depp the first time he hit her.
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Local

Dems unveil new HQ

By KIMBERLY B. ESMORES
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REPORTER

The Democratic Party in the CNMI officially unveiled its new headquarters along Middle Road last week and is inviting members of the community to visit and learn more about what the party stands for.

According to Democratic party vice chair Luella Marciano, the party officially has already held a ribbon cutting ceremony for the new headquarters but members of the community members of all political party stripes are still welcome to visit and that it is open to everyone.

"We have had this headquarters for a couple of months but we decided to wait for everybody to be on island, including U.S. Delegate Gregorio Kilili Sablan, so they could join us. We unveiled this for everybody on island. Everyone is welcome. Democrat, Independent, Republican, anyone that would like to know more about our party," she said.

Party secretary Malia Guerrero Johnson said that on behalf of the party, she is excited to finally officially open up the office to the community.

"We're really excited to open up the people's office, and we want everyone to feel very comfortable and open. Come in, see what we're about. Come volunteer, come ask questions. We're here for all of that," she said.

In addition to learning about the party, Johnson said the office is also open for those who are interested in running for office under the Democratic Party.

"We are still doing our outreach for candidates. We are slowly filling our slate, but we're still open to anybody who would like to run under the Democratic Party. We are 100% behind them and open so come on down to the office and let us know," she said.

Johnson said what they are looking for in potential candidates are clean, transparent, and responsible characteristics.

"We're looking for clean, transparent, responsible governance and that's what we are standing for. We want to work toward our goals by getting our feet in the Executive Branch, along with the Senate, down to the House of Representatives," she said.

Currently, the Democratic Party has Reps. Tina Sablan and Leila Staffler as the party's standard bearer for the gubernatorial post, Richard Lizama who is running for mayor, and Rep. Celina R. Babauta who is running for senator.

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Man allegedly used fake driver's license to secure car loan

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

A man has been indicted in the U.S. District Court for the NMI on a charge of bank fraud after he allegedly bought a car using a fake driver's license.

Ming Jin Jin was indicted by a grand jury for allegedly using fraudulent identification to purchase a a 2022 Toyota Prius from the Atkins Kroll car dealership.

According to court documents, Jin executed the scheme on Jan. 29 this year and presented a fraudulent driver's license to First Hawaiian Bank when he applied to purchase the vehicle. "This conduct was relied upon by First Hawaiian Bank to finance $30,639 for the vehicle purchase," the court documents state.

The U.S. Attorney's Office, through lawyer Albert Flores Jr., now wants Jin to forfeit "any and all property constituting, or derived from, proceeds obtained directly or indirectly as a result of the offense." That means the 2022 Toyota Prius and a "money judgment representing the amount of proceeds obtained as a result of the offense.

Back in 2021, the district court sentenced Jin to one-year probation for presenting a fake driver's license and fake vehicle registration during a traffic stop in 2019. He was convicted of conspiracy to unlawfully produce an identification document.

Jin, whose term of probation was supposed to expire on May 27, 2022, was told not to drive a vehicle as part of the terms of his release, but a probation officer saw him driving the Prius without a driver's license last February. When stopped him, he handed over an insurance certificate and a certification from Atkins Kroll Saipan indicating that he had purchased the vehicle last Jan. 28

Jin's probation was revoked and he is currently serving a three-month prison sentence. In addition, Jin was ordered to serve two years of supervised release after he completes the sentence.

Rellani Bennet Ogumoro is newest member of NMI Bar

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

Rellani Bennet Ogumoro is the newest member of the CNMI Bar Association after Chief Justice Alexandro C. Castro administered her attorney's oath at the Carolinian Utt last April 29.

"It was a privilege to sit for the NMI Bar Exam and it was a truly humbling experience. I do not know where the stars may guide me, but I know I will use my legal education and the values of my upbringing to serve our community to the best of my abilities. I look forward to the work ahead," she said.

Ogumoro currently work as Superior Court Associate Judge Kenneth L. Govendo's law clerk.

Ogumoro earned her law degree from the Arizona State University's Sandra Day O'Connor College of Law in 2020, and graduated with an Indian Law Certificate, the Highest Pro Bono Distinction, and the International Academy of Trial Lawyers Award, an award that recognizes the outstanding student in trial advocacy and clinical work in the graduating class.

She explained that after college and seeing the impact of Native attorneys at the highest levels of government, Ogumoro pursued a law degree to become a better advocate for indigenous communities.

In law school, Ogumoro worked for two different Native American tribes and spent a summer working for the Native American Rights Fund at their Alaska office. Ogumoro also presented on the political relationship between the U.S. and the CNMI during a lunch lecture as well as helped file a United Nations complaint against the U.S. government on behalf of tribes impacted by climate change.

Ogumoro went to college at Eastern Oregon University where she graduated summa cum laude. During college, Ogumoro was nationally recognized as a Truman Scholar for her dedication to public service.

After college, Ogumoro spent five years in Washington, D.C. where she worked for the assistant secretary for Indian Affairs at the U.S. Department of the Interior and for the special assistant to the President on Native American Affairs at the White House during the Obama Administration.

Ogumoro is the daughter of Joaquin and Lauri Ogumoro. She attended first grade at Tanapag Elementary School and is a graduate of Kagman High School.

CONTRIBUTED PHOTO

From left, Superior Court Associate Judge Joseph N. Camacho, Presiding Judge Roberto C. Naraja, Associate Judge Teresa Kim-Tenorio, Rellani Ogumoro, Associate Judge Wesley Bogdan, Associate Judge Kenneth L. Govendo, and Chief Justice Alexandro C. Castro, pose for a photo at the Carolinian Utt after Ogumoro's swearing in.

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The Mobility Space is
Getting Greener
in the Northern Mariana Islands

The mobility space is getting greener in the Northern Mariana Islands, as Enterprise Saipan announced today that it has acquired hybrid vehicles as part of its fleet of vehicles serving Saipan.

This investment not only supports demand for safe and reliable mobility options during the COVID-19 crisis but also demonstrates Enterprise's commitment to supporting local economies and driving forward environmentally friendly modes of transportation across the islands as they move out of travel restrictions.

Enterprise Saipan also upholds its commitment to maintaining the highest standards of cleanliness in the car rental industry through theimplementation of the Enterprise Complete Clean Pledge.

The Pledge further enhances cleaning protocols across Enterprise Holdings' brands and comprehensive portfolio of transportation options. This includes vehicle washing, vacuuming, general wipe down, and sanitizing with a disinfectant that meets leading health authority requirements, with particular attention to more than 20 high-touch points.

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NMC graduates pass National Nurse Aide Assessment Program Exam

Eight graduates of Northern Marianas College's Certificate of Nursing Assistant Program recently passed the National Nurse Aide Assessment Program Exam and are now certified nursing assistants). They are Jesica Andebor, Rita Atalig, Jan Bobadilla, Shannelle Decena, Cassie Matta, Kiara Manganti, Min Kyu Song, and Jo Rivera. Song is a graduate of the cohort from 2020 while the rest are from the 2021 cohort.

The NNAAP exam is an industry certification developed by the National Council of State Boards of Nursing to measure competency in nurse aide skills. To prepare for the NNAAP, seven underwent a rigorous 10-week training course hosted by the college's Nursing Department last year.

"We are extremely proud of our graduates who are certified nursing assistants," NMC Nursing Department chair Rosa Aldan said.

Recently-certified nursing assistant Rita Atalig said she wants to continue her nursing education and return to her home island of Rota to help her community.

"I realized this was a great opportunity in learning what it takes to work in healthcare, especially since I am pursuing a degree in Nursing," Atalig said. "I wanted to have a glimpse into what goes on in healthcare and found it was something I enjoyed taking part in. My biggest inspiration to continue this field is my family."

Jo Rivera said that being part of NMC's CNA preparatory program was a "once-in-a-lifetime opportunity."

"The clinical experience exceeded my expectations," Rivera said. "Unlike at NMC, most CNA programs on the island do not include hands-on experience with a patient. You gain clinical experience in a hospital setting with real live patients and gain a wealth of knowledge that you can employ later in your career."

Cassie Matta shared the same sentiments.

"I have learned a great deal of information and have enjoyed the journey, especially my time during clinicals," Matta said.

Matta

Bobadilla

Andebor

Rivera

Jan Bobadilla, who is currently in NMC's nursing program, said that becoming a CNA is a great way to be introduced to the world of nursing.

"As my first year as a Nursing student comes to a close and I prepare for my second year, I can say with confidence that becoming a CNA has made my nursing experience much better because I use many of the skills that I gained in the CNA program in the Nursing program," Bobadilla said. "A big inspiration for me is one of my nursing instructors, Rhonda DiCostanzo. She showed me the importance of doing everything in my power to be the best I can be, whether in nursing or some other field."

Jesica Andebor said she had a great experience in the program.

"Mr. Aldan and Mrs. Aldan were great teachers and mentors," Andebor said, referring to the program instructors. "I am grateful for all the lessons they've taught me. I had so much fun experiencing new things during clinicals and meeting a bunch of different people."

Kiara Manganti said she wanted to become a CNA to help people and make a difference in their lives.

"I have learned so many things from providing the basic care, as well as assisting in activities of daily living, and seeing positive changes in patients," Manganti said.

Shannelle Decena said as a certified nursing assistant, she plans to serve in her local health center, and to be a registered nurse.

"I would like to thank my instructors for their patience, guidance, and advice as well as my classmates for their help and encouragement," Decena said. "I would not have been able to complete this program without the support of my parents, who at the time took care of my son."

For more information about NMC's CNA preparatory program, visit https://www.marianas.edu/nursing or email andrew.mendiola@marianas.edu. ***(NMC)***

Manganti

Atalig

Decena

TSUNAMI

From Page 1

Parks and Recreation/Dog Pound via As Perdido Road, and GTC - school to San Roque Church.

The purpose of the tsunami drill is to prepare public schools and the public students and staff, for an actual tsunami in the event after a local earthquake warning. This drill will focus on safety and the implementation of current emergency procedures.

The drill team comprising of PSS officials, Department of Homeland Security, Department of Public Safety, Department of Fire and Emergency Management Services, and other agencies will evaluate, reflect, and make recommendations to improve any emergency safety procedures. ***(Saipan Tribune/PSS)***

METH

From Page 1

tions, DEA, and our other law enforcement partners. As the investigation progressed, it led to a residence down in Papago, where a total of two male individuals and one female individual were subsequently apprehended," he said.

Deleon Guerrero said a search warrant was then issued by the CNMI Superior Court that allowed them to search the Papago residence's premises.

"I can confirm that we also were able to seize a sizable amount of drugs inside that particular residence, more specifically crystal methamphetamine, as well as a large sum of cash. Since this is still an ongoing investigation, I am limited in terms of releasing additional information," he added.

In a separate news release from the Department of Public Safety, it stated that the package was claimed by an unknown female who was later apprehended.

After the package was claimed, CNMI Drug Enforcement Task Force launched an operation that led to the arrest of three individuals and executed one search warrant.

Through the course of this operation, authorities arrested 40-year-old Huaishu Wang, 55-year-old Yongbing Ni, and 48-year-old Hong Jie Li.

According to John Henry Sablan, Customs Bureau of Contraband Enforcement captain, the Customs officers found the 2 lbs of methamphetamine packed inside a shipment of glass vases.

"The package was in what looked like some temporary cardboard boxes, like our last seizure. The substance was found during a Customs routine inspection at the U.S. Post Office. It was packaged in some chinaware, specifically glass vases," he said.

Back in March, Customs seized nearly 5 lbs of methamphetamine at a USPS post office. The drugs were hidden in chinaware that had been shipped from California.

TORRES

From Page 1

his counsel.

"I'll wait for the advisement of my counsel. Meanwhile, we continue to move forward and we continue to prioritize the issues that we are facing here in the CNMI. We've done a lot of proclamations, Route 36 continues to move forward, we're looking at signing the road project for Beach Road. My work will continue for the betterment of the community," he said.

The trial was set for May 13 following a 4-3 Senate vote in favor of dismissing the Article of Impeachment against Torres.

All Republican senators—Senate President Jude Hofschneider (R-Tinian), Sens. Victor Hocog (R-Rota), Karl King-Nabors (R-Tinian), and Francisco Cruz (R-Tinian)—voted in favor of granting the motion to dismiss; Sens. Paul Manglona (Ind-Rota), Teresita Santos (Ind-Rota), and Edith DeLeon Guerrero (D-Saipan) voted in opposition.

Only seven members were present for the voting as Sens. Vinnie Sablan (R-Saipan) and Justo Quitugua (R-Saipan) were officially recused from the entire impeachment proceedings.

Because the Senate rule of impeachment required five votes to dismiss the Article of Impeachment, the motion to dismiss was denied and Hofschneider moved forward with the impeachment trial.

Hofschneider said the impeachment hearing will continue day-to-day until its conclusion.

All legislative and other business of the Senate will be suspended until the conclusion of the impeachment trial.

MVA

From Page 1

17,303 this month, which will be higher than Saipan's due to Guam announcing an "airline subsidy of $100 per seat," according to Jin's report.

In addition, Guam has managed to increase their seat supply by more than double after it managed to add Jeju Air, T-Way Air, Air Seoul, Korean Air, and Air Busan to their airline market for the month of May, which is a 175% increase from April, Jin said. Additionally, along with more airlines, the frequency of their flights per week has increased as well.

Along with Guam, Hawaii has also increased their seat supply due to the flight frequency per week of Korean Air, Asiana, and Hawaiian Airlines, JIn added.

She said this is the current situation in the market right now and that "this is something we have to work on…increase our frequencies [of flights], meaning that we have to increase our demands with aggressive marketing activities."

In line with that, Jin outlined what MVA Korea should do, which is to "position [CNMI] as a top preferred destination with the highest safety and authentic nature, increase flight frequencies for stabilized seat supply, and enhanced destination awareness through active marketing promotions."

Jin also pointed out that, compared to Guam and Hawaii, Saipan is the only destination with isolation sites "provided free for five days" if a tourist tests positive.

She said that MVA Korea is trying to push the CNMI as "the first travel bubble destination which is approved by each government as the safest destination, the first destination providing free PCR tests, and the only destination providing five day isolation sites."

Jin added that they are "using the power of safety" as a major selling point for the CNMI in South Korea, and that tourists can "travel to the CNMI with a peace of mind."

MARIANAS VISITORS AUTHORITY

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HAFA ADAI TINIAN

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Opinion

Hafa Adai!
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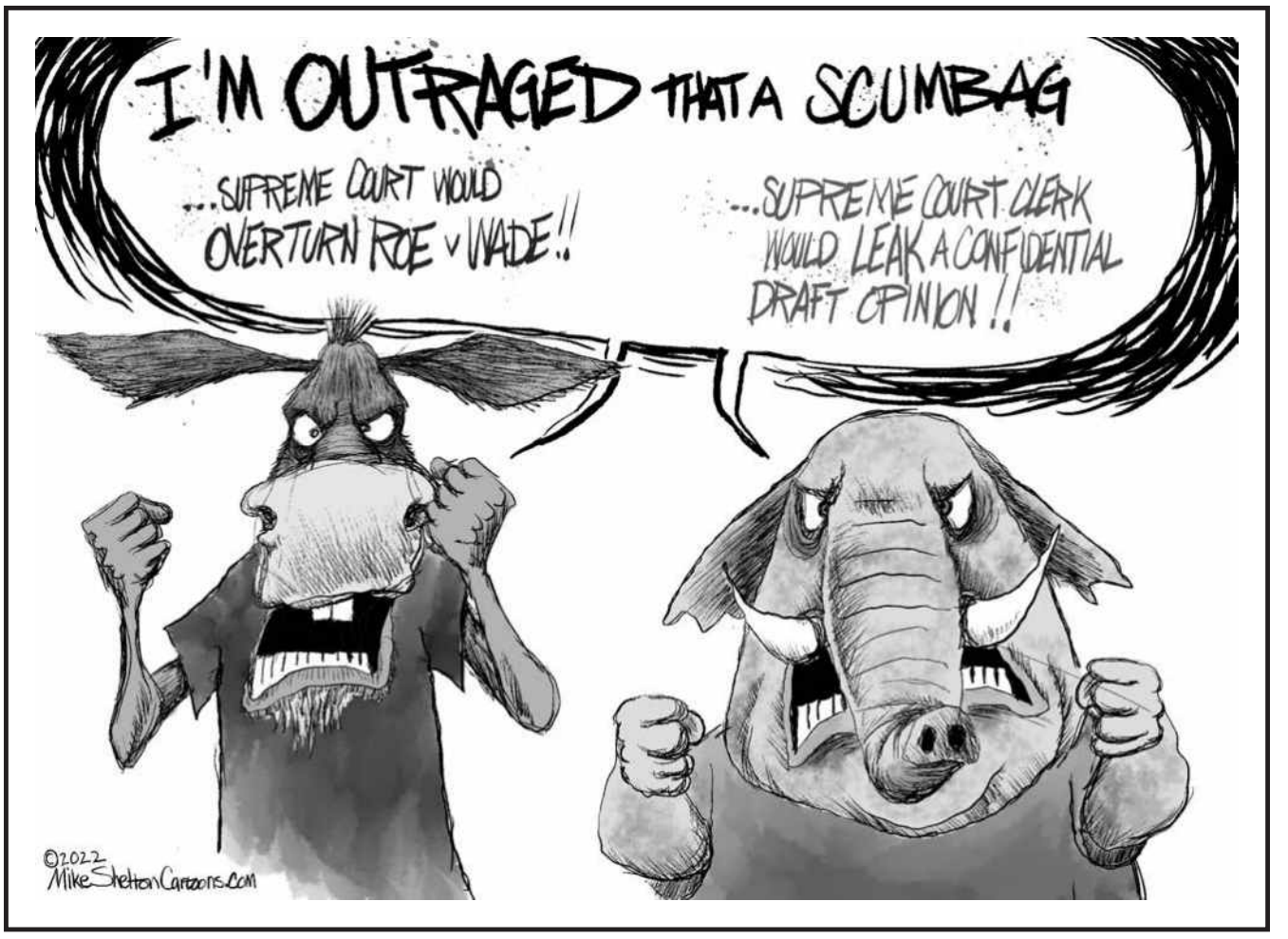
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EDITORIAL

The Supreme Court is prepared to overturn Roe v. Wade. It's time to stand up

In scathing, dismissive language, Supreme Court Justice Samuel A. Alito Jr. wrote a draft opinion that does what for many decades seemed unimaginable—it overturns the 1973 ruling in Roe v. Wade and annihilates the constitutionally protected right of a woman to control her own body. If the leaked draft, which was written in February and confirmed as authentic by Chief Justice John G. Roberts, Jr., becomes the court's final decision, it will set reproductive freedom back generations. About half the states either have or will pass bans or will severely restrict abortion, with the burden falling on women who can't afford to travel to an out-of-state abortion clinic.

Striking down Roe will undo a nearly 50-year precedent. Generally, the court overturns a decision in order to restore or grant rights. This would be the rare Supreme Court ruling that revokes a person's fundamental rights.

Sadly, this was not a surprise. It seemed clear from the oral arguments in December in Dobbs v. Jackson Women's Health Organization—the case involving Mississippi's ban on abortions after 15 weeks of pregnancy—that the court's conservative justices were looking for ways to uphold that ban and scale back abortion rights.

Alito in the draft opinion wrote that "Roe was egregiously wrong from the start" as well as weak and not settled. His opinion would wipe out a constitutionally guaranteed right to abortion altogether, arguing that because abortion is not explicitly mentioned in the Constitution, it must at least be a right that is grounded in the nation's history and concepts of liberty before it can be worthy of constitutional protection. But, he writes, abortion was mostly criminalized throughout American history. It's absurd that abortion rights can't be protected today because male lawmakers criminalized it in the past.

"He freezes our constitutional rights today at what that small group of people thought the world was back then," says Jennifer Dalven, director of the ACLU's Reproductive Freedom Project. "That should be frightening for all of us."

Nor should anyone trust that the court will just stop at abortion rights. The idea that a right must be grounded in history before it is constitutionally protected could jeopardize "a whole host of rights—from the right to use contraception to the right to have a relationship with the person of a same sex," Dalven says.

Voters need to fix this. Overturning Roe would put abortion laws in the hands of state and federal lawmakers. State lawmakers, who were happily passing restrictions that flouted Roe, will surely try to mow down whatever remaining abortion protections exist in their states after Roe is gone unless voters stop them.

California has protected reproductive rights under state law. In fact, Senate President Pro Tem Toni Atkins, D-San

See SUPREME on Next Page

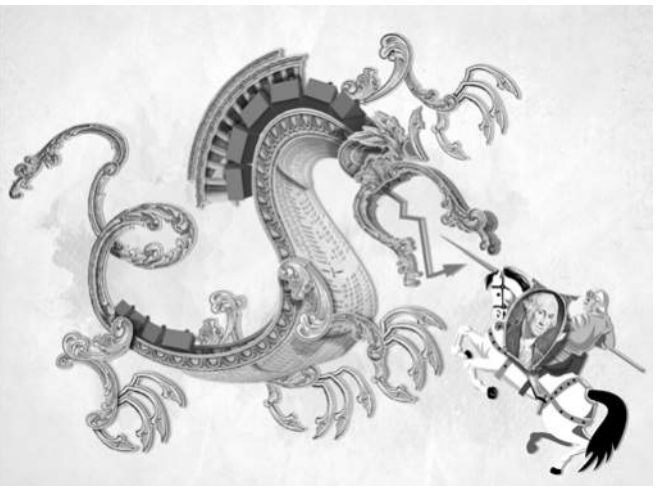
To fight inflation, take down food expenses

By KIMBERLY PALMER
NerdWallet

Kimberly Palmer is a personal finance expert at NerdWallet and the author of Smart Mom, Rich Mom. *Email: kpalmer@nerdwallet.com. Twitter: @KimberlyPalmer.*

Like many shoppers, I've noticed my grocery bill getting bigger each week: February food prices were 7.9% higher than they were a year ago, according to the U.S. Department of Agriculture's Economic Research Service. To compensate for my family's busy spring schedule, I'd also been turning to shortcuts like prepackaged snacks and meal kits, which further added to our total bill.

To counteract these pressures, I applied all my go-to savings tricks: opting in to my grocery store's loyalty program for extra discounts, using a credit card that gave me bonus cash back on grocery purchases, and planning our weekly menus around sales. Still, shopping for my family of five continued to give me sticker shock.



For extra guidance, I turned to budgeting and cooking experts with experience making food spending more manageable, as the USDA predicts food prices will continue to increase, growing 4.5% to 5.5% in 2022 . Here are their best tips for saving money on food:

Control what you can

While so much about the economy can feel completely outside of our control, including rising interest rates, inflation and supply chain challenges, our food spending is actually one area where we hold a lot of sway, says Erin Lowell, a Bowdoin, Maine-based lead educator at You Need a Budget, a budgeting app . By spending more time cooking or substituting cheaper ingredients, you can feel an immediate savings impact, she says, unlike with other costs, such as bills or rent, which can be harder to change.

Lowell suggests assessing how much effort you're currently putting into minimizing your food spending and taking that effort up to the next level. For example, if you currently order pizza for delivery, then consider buying a nice frozen pizza for a quarter of the cost. If you already buy frozen pizza, then consider making your own from scratch for just a few dollars' worth of ingredients.

Plan your meals

"When people are overspending on food, it's almost always because they're eating out too often," says Jake Cousineau , a personal finance teacher in Thousand Oaks, California, and the author of "How to Adult: Personal Finance for the Real World."

He says planning ahead is key to combating the temptation to order takeout at the last minute.

"If you meal prep on Sunday and make six to seven meals, you're not faced with that decision of 'Should I order out or prepare food?' every night," Cousineau says. He typically cooks meat for Sunday that he can use in tacos, pasta and salad later in the week, for example. "You can do the heavy lifting Sunday, then mix and match throughout the week."

Planning also helps you avoid food waste, which is another budget killer, warns Rob Bertman, a certified financial planner and family budget expert in St. Louis. "Buy in bulk for things you know you will go through, but if food sits in the freezer or pantry and gets thrown in the trash, that gets expensive." He and his wife keep a list of the potential side and main dishes they have on hand in the freezer, fridge and pantry so they don't forget to use those ingredients.

Be resourceful in the kitchen

Maggie Hoffman, a Brooklyn, New York-based digital director at cooking website Epicurious, suggests substituting recipe ingredients for ones you already have at home. "Be confident in your cooking: If you have farro, use that instead of brown rice. Use hot sauce or vinegar instead of lemon."

Hoffman also recommends "next-overing," which is transforming the previous night's dish into something new. Roast chicken one night can become enchilada fillings the next, for example.

Beans, which are generally inexpensive, are also a flexible

See INFLATION on Next Page

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

'Our brother is gone'

By CLEO NENING
SPECIAL TO THE SAIPAN TRIBUNE

It's 3am and you are sitting in the waiting room deciding who to call and with whom to share the worst news of your life. You finally take out your cellphone and scroll down your contacts and shakily press the call button. You listen and one long ring goes by. …The memories you've shared flood your thoughts. …Another ring goes by. …His famous smile flashes in your mind. …A third ring happens. …You recall a funny joke he said.

And after what seems like forever, you hear someone groggily answer and say, "Hello?" You take a deep breath. "Jim… our brother is gone."

Hearing those words come out of your mouth makes you realize that it happened. It's real. It slowly sinks in and feel your throat get tight with emotion and your eyes blister with tears. He's gone. Death has taken yet another amazing soul too soon.

According to the Centers for Disease Control, COVID-19 related deaths have surged to 1 million in the United States in the past two years. Concurrently, CDC also reports in their Morbidity and Mortality Weekly Report that mental health issues have increased by 41%. These statistics show that the increase in the death rate also comes with an increase in reported mental health-related issues. We can infer that with death often comes the feeling of grief. Grief is a mixed feeling of the hopelessness, sorrow, and despair one feels when they lose a loved one. Chronic grieving affects our mental health and may lead to other illnesses such as diabetes and hypertension if not properly managed.

In losing a loved one, psychiatrist and author Elizabeth Kubler-Ross concludes that the bereaved reacts differently and the reaction may happen at different times. This is famously known as the "Five Stages of Grief." There are stages believed to happen once a person receives the news of the loss of a loved one. These stages are not the same in everyone and may not occur in any given order. These stages are: denial, anger, bargaining, depression, and acceptance.

Dealing with mental health issues while grieving can be overwhelming—especially the intense added emotional pain—and can lead to worsening symptoms. Mental Health America has posted that this year's theme is "Back to Basics," meaning that the goal of this theme is to provide foundational knowledge about mental health and mental health conditions and information about what people can do if their mental health is a cause for concern. One of the "Back to Basics" methods we can start with is finding someone to talk to: a friend, family member, a person from your faith and, most recommended, a mental health professional like a therapist or counselor. A mantra to think about for those who are both struggling with mental health and are grieving: perhaps we can consider healthier ways to honor and love those in our lives who have passed on. We can focus on the good, the happy, and the memories you have with them.

For more information about protection and advocacy for individuals with mental illness and other mental health-related services, you can contact the Northern Marianas Protection & Advocacy Systems, Inc. at our office numbers (670) 235-7273/4, text message (670) 287-0652, or visit our website at www.nmpasi.org.

Cleo Nening is a programs coordinator at the Northern Marianas Protection and Advocacy Systems Inc.

Senryu Poems for Mother's Day by Students from Tinian

LITERARY NOOK

By JOEY 'PEPE BATBON' CONNOLLY
Special to the Saipan Tribune

Joey aka Pepe Batbon is a retired educator who taught in the CNMI, NOLA, and LVNV. He is a sonnet practitioner who enjoys stargazing.

Here is a wonderful way to begin the celebration with Mother's Day messages from Tinian in three languages.

These *haiku/senryu* are from a series of poetry workshops I conducted in the 6th grade English classes of Brenda Safer at Tinian Elementary School. Students were encouraged to write in the language of their choice.

Of course I have a bias toward them but I must say these poems are superb. I have read thousands of these short poems written by adults, I've written over a thousand myself, and had some published in anthologies in Japan, England, Canada, and the U.S. These students got the poetic abstract core idea of *senryu*, which are haiku about human nature. I conducted a series of workshops in their classroom with two classes of sixth graders. Mrs. Safer provided an atmosphere conducive to learning. We had workshops before holidays: Halloween, Thanksgiving, Christmas, and Valentine's Day. Aside from helping them understand the poetic form itself I also told them to feel free to write in the language of their own choice and they would not be graded with numbers or letter grades.

Their poems would be the accomplishment of expressing love and feelings toward their mothers. All the poems achieve great depth and understanding of the Japanese form of *haiku* and *senryu*. They are therefore perfect examples for our Asian American and Pacific Islander Heritage. They first appeared in the *Saipan Tribune* on May 8, 2018. Thanks to *Saipan Tribune* editor Jayvee Vallejera for printing the student's poems from Tinian and Saipan over the years.

si nana's/ importante/ hu guiya hao—Maria King
hugging mother/ with love/ mother's day—Ricky Cruz
mother/ sleeping/ very sweet—John Christian Guintu
hu guiya/ nanahu/ todu I tiempo—Victoria Sablan
mom/ beautiful/ inside and out—Kiran Shresta
nana/ sen bonita/ ha'anin man nana—Austin John Barcianas Sablan
wonderful caring/ sweet lovely/ mother—Karen Lagunay
mother/ sweet as sugar/ ants come—Clarence Rodriguez
mother's day/ hu guiya hao/ nanan biha—John Eric B.
mom's endless love/ beautiful benevolent/ there for us—Rose Cruz
beautiful like roses/ strong like steel/ mother—Ryusei Desebel
my mom/ gives me/ warm hugs—Yna Agbayani
mother/ raised me/ thankful—John Victor Ancheta
nanay/ mahal kita/ everyday—Allen Morilla
nanay/ mahal kita/ never forget that—Vince Levi C.
mom/ loving me/ all day—Bermar Lopez
happy flower/ sad cloud/ beautiful mom—Danivid Cing
mama nako/ guwapa kanunay/ gihigugma nako siya—Beverly S.F.G.
shines like a diamond/ wonderful rose/ Mother's Day—Jeralde Aldan
mom gives/ courage/ to us—Louis Yin
always caring/ giver of life/ Mom—Sinalu Ray Cepeda
smiling star/ happy as a rainbow—Mom—Isa King Aldan
mother/ lectures me though/ wise—Isshori Gurung
mom/ without her/ no love—Elvie Dominguiano
I want to skydive/ she says no/ overprotective mom—David Mendiola
my mom/ loves me/ always—Tara Diaz Pascua
makes us stick together/ center of our family/ Mom—Tasi Long
mom/ so sweet/ sugary chocolate—Axl M. Ong
mom/ hardworking/ thank you—Jared King
mother's love/ all I need/ family—Vincent Manibusan
dad/ loses things/ Mom finds them—Jeremiah Hofschneider
mother's endless love/ beautiful kind/ always there—Dilasa Karki
mother thank you/ for teaching us/ being there—Yoshiko Crisostimo
our mom/ very strong/ fights for us/ Ishalaine N. Khan
mother / cuddles me/ from fear—John Mark Palilio
mom and I/ totally bonding together/ worth it—Ashley Gwyneth Jumao-as
motherly love/ world wide/ much sweetness—Marina Joyce Chant
angel/ my light/ Mom—Dhan Miguel N. Robles
mother/ kisses me/ every day—Victor Sablan
mama/ stay with me/ I need you—Savannah Sandbergen
mom/ brought me/ to life—Eddawn Loriel Labador
mom/ loves me/ 'til the end—Su Hyeon
mother gone/ never forgotten/ by her five Cesareans—Joey Connolly

SUPREME

From Page 6

Diego, and Assembly Speaker Anthony Rendon, D-Lakewood, said Tuesday they are committed to getting a constitutional amendment on the November ballot that specifically protects the right to abortion here.

That's great. But it's not enough.

The Women's Health Protection Act, a congressional bill that would ensure the right to a legal abortion nationwide, passed the House but not the Senate. Polls show a majority of Americans support a woman's right to an abortion. Those representatives need to know that people who believe in abortion rights want that bill passed and will vote them out of office if they don't protect abortion rights. On the flip side of that, emboldened conservative politicians may try to pass a national ban on abortion in a couple of years. Let legislators know it's a deal breaker if they do that.

The decision to become a parent is fundamentally a question of personal freedom. But it's also an economic decision. And it's appalling that a nation that does so little to support children and families is on the cusp of taking away the right for people to decide if they have the means to raise a family.

Alito got one thing right in his draft when he wrote that "women are not without electoral or political power" when it comes to abortion laws, though that's not a good reason for getting rid of a constitutionally protected right. It's time for them to use it to stand up to the elected officials who support curtailing their constitutional rights. It's time for everyone who cares about individual rights to see this draft ruling as a call to action.

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INFLATION

From Page 6

staple, she adds. You can serve them on their own or add them to salads or soups. "Beans are still the greatest thing around. Just give them a little marinade, add garlic and make sure they're seasoned."

Keep your pantry well-stocked

Investing in staples can end up saving you money because then you can quickly make last-minute meals instead of ordering in. "I try to keep five to 10 easy, budget-friendly meals in the house at all times," Lowell says. For her, that list includes ingredients for homemade pizza, frozen fish with fries, and a pasta dish. "It's never expensive, and I'm always happy to eat it."

Lean on your community

While some local food banks have eligibility requirements, many are open to all members of the community who need the support, says Willa Williams , an Orlando, Florida, area financial coach at Trinity Financial Coaching and co-host of "The Abundant Living Podcast." Some neighborhood gardens similarly offer the community vegetables and other produce at harvest time. "The food is here, so come and get it," she says. "It keeps you from spending your food budget."

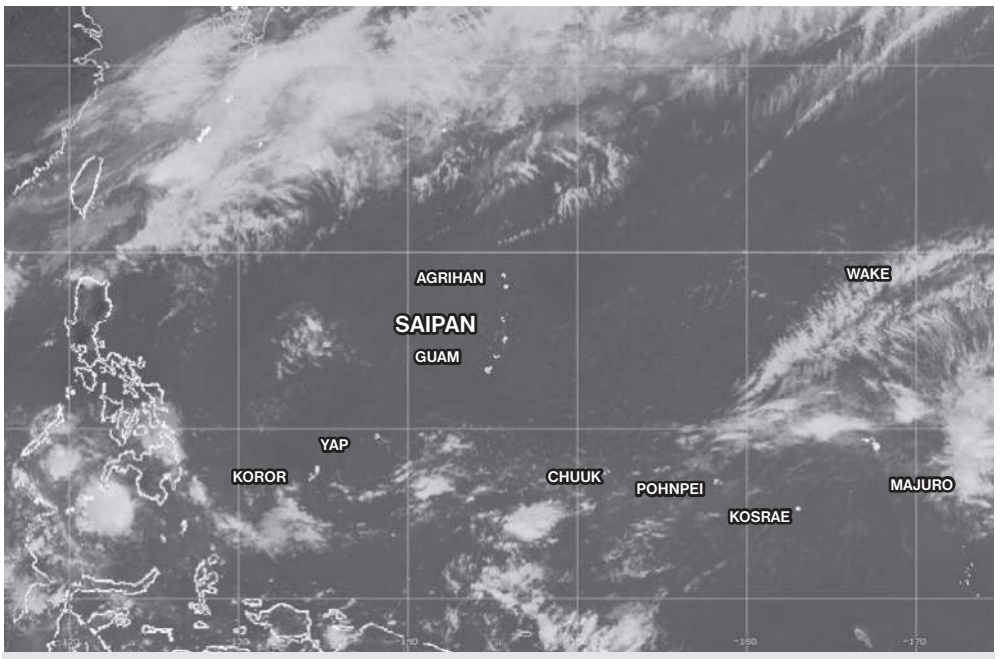
My grocery bill is still higher than I'd like it to be — even the savviest shopper can't outsmart this level of inflation — but it's more manageable with these tips. And my children have learned some frugal habits of their own, such as the simple pleasure of cooking lentil soup for dinner and the savings that come from packing their own snacks.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
Partly cloudy, with Isolated showers. East wind 9 to 16 mph.	Mostly sunny, with Isolated showers. East wind 11 to 15 mph.	Mostly sunny, with Isolated showers.	Mostly cloudy, with Isolated showers.	Partly sunny, with a chance of showers.
88° 78°	88° 78	88° 77°	88° 78°	88° 78°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 8:10 AM, THURSDAY, MAY 5, 2022

Western North Pacific between equator and 25N from 130E to 180.

Dry trade wind pattern is expected to continue over the Marianas. Current satellite and radar indicate isolated showers of the fair weather cumulus variety.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA		▲ ▼ °F
Guam and Rota	Partly Cloudy	30 / 26 °F
Palau	Thunderstorms	28 / 26 °F
Yap	Scattered Thunderstorms	30 / 26 °F
Chuuk	Thunderstorms	29 / 26 °F
Pohnpei	Thunderstorms	29 / 26 °F
Kosrae	Thunderstorms	29 / 26 °F
Majuro	Thunderstorms	28 / 26 °F

DAY	SUNRISE	SUNSET
Today	05:51 AM	18:35 PM
Saturday	05:51 AM	18:36 PM
Sunday	05:50 AM	18:36 PM
Monday	05:50 AM	18:36 PM
Tuesday	05:50 AM	18:36 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	09:44	23:14 PM	-
Saturday	10:36	-	17:20 PM
Sunday	-	11:29 PM	18:08 PM
Monday	-	12:21 PM	18:56 PM
Tuesday	-	13:13 PM	19:41 PM

AROUND THE GLOBE		▲ ▼ °F
Auckland	Sunny	21 /12 °F
Beijing	AM Clouds/PM Sun	24 / 10 °F
Hong Kong	Mostly Cloudy	27 / 24 °F
Honolulu	Mostly Cloudy	27 / 23 °F
London	M Showers	19 / 12 °F
Los Angeles	Sunny	26 / 15 °F
Manila	Mostly Sunny	36 / 27 °F
Melbourne	Light Rain	14 / 1 °F
Miami	Mostly Sunny	29 / 24 °F
New York	PM Rain	17 / 11 °F
Osaka	Mostly Sunny	27 / 15 °F
Paris	Mostly Sunny	23 / 11 °F
Busan	Sunny	21 / 15 °F
Rome	Thunderstorms	22 / 14 °F
Salem	Thunderstorms	26 / 17 °F
San Francisco	AM Clouds/PM Sun	16 / 11 °F
Seoul	Partly Cloudy	25 / 14 °F
Tokyo	AM Clouds/PM Sun	24 / 15 °F
Washington, DC	Rain	17 / 12°F

TIDES: SAIPAN HARBOR TODAY		FEET
12:14 AM	High Tide	1.78
05:36 AM	Low Tide	1.37
09:38 AM	High Tide	1.64
5:23 PM	Low Tide	0.06

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

■ Stay home as much as possible. Avoid unnecessary travel or public places.

■ Avoid social gatherings in groups of more than 10.

■ Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.

■ Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.

■ Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.

■ Create a household plan of action, https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html

■ Ensure a 30-day supply of all medicines.

Continue good hand hygiene

■ Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.

■ Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

■ Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:

• Choosing a room in your house that can be used to separate sick household members from others.

• Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

• Avoiding touching your eyes, nose, and mouth with unwashed hands.

• Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mpand, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at http://www.chcc.gov.mp/pressrelease.html and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

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E-mail: sales@saipantribune.com

FLIGHT SCHEDULE AS OF MAY 1, 2022

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	6:35AM	7:15AM	1, 3, 6
UA117	9:50AM	10:35AM	2, 4, 5, 7

GUAM-MANILA (MNL)

PR 111	6:00AM	8:00AM	1, 3, 5, 6, 7
UA193	7:05PM	10:55PM	5 via Palau
UA183	7:10PM	9:10PM	Daily

SAIPAN-MANILA (MNL)

UA117/183	6:35AM	9:10PM	1, 3, 6 via Guam
UA117/193	6:35AM	10:55PM	5 via Guam, Palau
UA117/183	9:50AM	9:10PM	2, 4, 5, 7 via Guam

SAIPAN-INCHEON (ICN)

TW9308	3:30PM	7:20PM	4, 7
7C3405	3:30PM	7:25PM	6
RS112	3:45PM	7:30PM	3, 6
7C3405	3:50PM	7:45PM	3
OZ624	4:00PM	7:40PM	3, 6

SAIPAN-BUSAN (PUS)

BX622	3:10PM	6:30PM	3, 7

ARRIVALS

GUAM (GUM)-SAIPAN

UA116	5:00AM	5:45AM	1, 3, 6
UA116	8:00AM	8:45AM	5, 7
UA174	8:00AM	8:45AM	2, 4

MANILA (MNL)-GUAM

PR110	10:35PM	4:35AM+1	2, 4, 5, 6, 7
UA184	10:25PM	4:20AM+1	1, 2, 3, 4, 6, 7
UA192	10:25PM	6:05AM+1	5 via Palau
UA184	11:50PM	5:40AM+1	5

MANILA (MNL)-SAIPAN

UA184/116	10:25PM	5:45AM+1	2, 5, 7 via Guam
UA184/116	10:25PM	8:45AM+1	1, 3 via Guam
UA184/174	10:25PM	8:45AM+1	4, 6 via Guam

INCHEON (ICN)-SAIPAN

7C3406	8:30AM	2:10PM	6
RS111	8:45AM	2:05PM	3, 6
7C3406	8:50AM	2:30PM	3
TW9307	9:00AM	2:30PM	4, 7
OZ623	9:00AM	2:30PM	3, 6

BUSAN (PUS)-SAIPAN

BX621	8:00AM	1:10PM	3, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF MAY 18, 2021

SAIPAN TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1301	8:30AM	9:00AM	Daily
1302	11:00AM	11:30AM	Daily
1303	1:30PM	2:00PM	Tues/Wed/ Thurs/Fri
1304	3:30PM	4:00PM	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3101	9:30AM	10:00AM	Daily
3102	12:00AM	12:30AM	Daily
3103	1:30PM	3:00PM	Tues/Wed/ Thurs/Fri
3104	4:30PM	5:00PM	Daily

ROTA TO GUAM

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15	12:45	Temporarily Unavailable

GUAM TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
4301	13:00	13:30	Temporarily Unavailable

SAIPAN TO TINIAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1201	7:00	7:15	Temporarily Unavailable
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1205	11:00	11:15	Daily
1206	12:00	12:15	Temporarily Unavailable
1207	13:00	13:15	Temporarily Unavailable
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily
1212	17:00	17:15	Temporarily Unavailable

TINIAN TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
2101	7:30	7:45	Temporarily Unavailable
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily
2105	11:30	11:45	Daily
2106	12:30	12:45	Temporarily Unavailable
2107	13:30	13:45	Temporarily Unavailable
2108	14:30	14:45	Daily
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Daily
2112	18:30	18:45	Temporarily Unavailable

Entries sought for the '22 API Heritage Month Essay Contest

In celebration of Asian and Pacific Islander Heritage Month in May, Delegate Gregorio Kilili C. Sablan (Ind-MP) is hosting the second annual API Heritage Month Essay Contest.

This year's prompt is "What social issue facing Asian and Pacific Islander Americans is most important to you? What can you do to inspire your community to action?"

The essay competition is free and open to all middle and high school students and one middle school winner and one high school winner will be selected to have their essay published in the Congressional Record.

Students have until 5pm on Tuesday, May 10, 2022, to submit their essays online at sablan.house.gov/apiec

"May is Asian and Pacific Islander Heritage Month—a time to celebrate the voices and contributions of Asians and Pacific Islanders nationwide," Sablan said from last year's contest. "This contest is an opportunity for students to showcase their writing skills and reflect on their unique experiences living in the Northern Mariana Islands, while celebrating and acknowledging the diversity in our district."

Middle school students should submit an essay 300-500 words in length. High school students should submit an essay 500-750 words in length.

The 2021 contest winner for the middle school division was Jia Ross Nicdao, an eighth-grade student from Hopwood Middle School, with her essay "My Experience as Asian American in the Northern Mariana Islands."

The winner for the high school division was a sophomore from Marianas High School named Camille Torres Hocog, for her essay, "Diversity and Unity."

For any questions about the contest or the prompt, e-mail Sablan's congressional office at kilili@mail.house.gov or call the district offices at (670) 323-2647 on Saipan, (670) 433-2647 on Tinian, or (670) 532-2647 on Rota. ***(Leigh Gases)***

COMMONWEALTH PORTS AUTHORITY(CPA)
CNMI GOVERNMENT

Main Office: SAIPAN INTERNATIONAL AIRPORT
P.O. BOX 501055 • SAIPAN • MP 96950 • Phone: (670) 237-6500 • Fax: (670) 234-5962
www.cnmiports.com

NOTICE TO BIDDERS

COMMONWEALTH PORTS AUTHORITY (CPA) is inviting qualified contractors to submit their qualifications and bid proposals for the **FRANCISCO C. ADA/SAIPAN INTERNATIONAL AIRPORT, ARFF RAPID REFILL IMPROVEMENTS PROJECT, AIP NO. 3-69-0002-93**, OF THE NORTHERN MARIANA ISLANDS.

Bidders are to submit one original and two copies of their bid which shall be sealed in an envelope and marked on the cover package outside as follows: *"Francisco C. Ada/Saipan International Airport, ARFF Rapid Refill Improvements Project, AIP No. 3-69-0002-93"* and submitted no later than **2:00 p.m., WEDNESDAY, MAY 25, 2022**, to the Office of the Executive Director at the Saipan International Airport, at which time and place the sealed proposals will be publicly opened and read. Bidders are requested to minimize their company's attendees to ensure social distancing, as well as wear a face mask at all times while at the airport.

The Project, in general, consists of, construction of two new pre-stressed concrete tanks at 250,000 gallons each with a new triplex booster pump, removal and replacement of overhead refilling pipes, installation of two new fire hydrants, associated plumbing work, and all other associated work, all in accordance with the Plans and Specifications.

The Project is being financed by funds by the U.S. Federal Aviation Administration and CPA. The contract award, if it is to be made, will be made within one hundred twenty (120) calendar days from the receipt of bids. CPA reserves the right to hold such bids in effect for one hundred eighty (180) calendar days from the date of bid opening.

A DVD containing the Bid Proposal and Contract Documents including plans and specifications, may be obtained at the Office of the Executive Director, Commonwealth Ports Authority, Francisco C. Ada/Saipan International Airport, P.O. Box 501055, Saipan, MP 96950, upon the payment of **TWO HUNDRED FIFTY U.S. DOLLARS ($250.00)** for each set of plans and documents in electronic format (DVD). The payment is nonrefundable. Payment shall be made in cash, credit card, cashier's check or U.S. postal money order payable to the "Commonwealth Ports Authority".

A pre-bid conference will be held at the Francisco C. Ada/Saipan International Airport, at **10:00 AM, FRIDAY, MAY 13, 2022**, at the Aircraft Rescue Fire Fighting (ARFF) Classroom to explain and clarify any questions regarding this project. A site visit will follow the pre-bid conference. Bidders are requested to minimize their company's attendees to ensure social distancing, as well as wear a face mask at all times while at the airport.

Questions should be submitted to the Executive Director, Commonwealth Ports Authority, in writing, or emailed to Ms. Wendi L. Prater, Executive Assistant/Project Manager at wprater@cnmiports.com at least ten (10) days prior to the bid opening date.

Each bid proposal shall be on a form furnished by the Commonwealth Ports Authority. The bidders shall use the bid schedule form available on the DVD. Each bidder must also supply all information required by the bid proposal documents and specifications. It is the contractor's responsibility to inform CPA as soon as possible if there is a problem accessing the information on the DVD. Contractor's are to verify all information provided using the table of contents for the specifications and the plan that shows the index of drawings.

The contract period for construction of the project in its entirety shall be **Four Hundred Twenty (420) calendar days**. Liquidated damages in the amount of **ONE THOUSAND U.S. DOLLARS ($1,000.00)** shall be assessed the Contractor for each calendar day that the completion of the Project is delayed beyond the contract completion date without approved excuse.

The apparent low bidder will be subject to a thorough and comprehensive review of its qualifications and Bid Documents to ensure that they are "responsive and responsible." This review will include, but is not necessarily limited to previous project experience, financial capabilities, quality of equipment and personnel, and bonding and insurance. If the apparent low bidder is found not to be "responsive or responsible", their bid will be rejected and the next lowest bidder will be evaluated for qualifications.

The Commonwealth Ports Authority reserves the right to reject any or all bid proposals submitted for: (a) any of the reasons set forth in this Notice to Bidders; or (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid rejection or cancellation; (c) any calculation error made in the bid schedule or misenter of the quantity of line item; or (d) sufficient justification exists that awarding the project contract would not be in the best interest of CPA. CPA further reserves the right to waive any defects in said bids if in its sole opinion to do so would be in CPA's best interest.

Each bid shall be accompanied by either a bid bond by a U.S. Treasury listed surety company, a certified check, or a cashier's check in the amount not less than ten percent (10%) of the bid price. Checks shall be made payable to the Commonwealth Ports Authority.

All mechanics and laborers for this procurement project shall be paid no less than the minimum wage rate established by the CNMI or the U.S. Secretary of Labor, whichever is higher. A copy of the Department of the Federal Labor Wage Rate Determination is included in Section GP 70-28 of the specifications. The bidder shall take into account minimum wage increases that may be imposed in the CNMI over the life of the Contract and include associated costs in the bid proposal. The EEO requirements, labor provisions, and wage rates are included in the specifications, and bid proposal documents are available for inspection at the Commonwealth Ports Authority.

The Commonwealth Ports Authority, in accordance with the provisions of Title VI of the Civil Rights Act of 1964 (78 Stat. 252, 42 USC §§ 2000d to 2000d-4) and the Regulations, hereby notifies all bidders or offerors that it will affirmatively ensure that any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full and fair opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, or national origin in consideration for an award.

The United States Secretary of Transportation has granted the Commonwealth of the Northern Mariana Islands an exemption from the requirements of the Department of Transportation's Minority Business Enterprise (MBE) regulation, which later became the Department of Transportation's Disadvantaged Business Enterprise program, as it relates to FAA grant programs. The Secretary of Transportation has not determined that a portion of those requirements should be reinstated.

By submitting a bid/proposal under this solicitation, the bidder or offeror certifies that neither it nor its principals are presently debarred or suspended by any Federal department or agency from participation in this transaction.

In addition to the above, all bidders shall comply with all other Federal requirements under this procurement, including but not limited to Buy American Preference, Foreign Trade Restriction, Davis Bacon, Veteran's Preference, Affirmative Action and Governmentwide Debarment and Suspension and Governmentwide Requirements for Drug-free Workplace. Further details on all Federal requirements are provided in the specifications.

FOR THE COMMONWEALTH PORTS AUTHORITY:

/s/ CHRISTOPHER S. TENORIO
Executive Director

Date: April 19, 2022

StayWell INSURANCE

JOB VACANCY ANNOUNCEMENT

ONE (1) UTILIZATION MANAGEMENT COORDINATOR

DUTIES/RESPONSIBILITIES:
Manage the medical care coordination functions of the Saipan Branch Office and the nurse coordination tasks of the Philippine Branch Office. Coordinates ambulatory and inpatient care for Plan members and their dependents; Communicates with the patient, attending physicians, nurses, case managers, social workers, other members of the interdisciplinary healthcare team and patient family members about care options, treatment alternatives, company procedures, and Plan coverage to assist them in making informed decisions about the treatment plan; Provide a patient-centered, interdisciplinary approach to health care and care coordination using comprehensive, evidenced-based care plans developed in concert with patient/care giver and with the support of the provider. Cultivates a strong, cohesive, team-oriented relationship with practice partners, including on-site and remote interaction where appropriate; Collaborates with the attending physician and nurse to facilitate off-island referral of patients who need healthcare that is not available in the service area. Review clinical records to determine and recommend the best medical referral option; Reviews medical records, patient charts and clinical information collected by health support staff and customer care representative to screen insurance applicants based on Company's Underwriting Guidelines, ensure that care received by the Plan member is consistent with standard of care excellence and to make sure that Health Plan benefit coverage is optimized; Prepares documents needed for chart review requests and transmit requests to the hospital/clinic/physician offices; Makes complete chart review of medical records in the hospital/clinic/physician offices and ensure maintenance of confidentiality on information gathered; Reviews and applies Milliman Care Guidelines (MCG), Medical Society Guidelines, Insurance, governmental and accrediting agency standards to evaluate quality of care as well as to determine coverage for requested healthcare services; Consults with Medical Director and/or other appropriate programs/resources to overcome barriers to meeting goals and objectives and presents cases to appropriate resources to obtain multidisciplinary view in order to achieve optimal outcomes; daily reporting to the Director of Medical Care Management and the UM-Informed Choice department manager; giving assistance to Nurse coordinators in decision making regarding utilization management issues; and responsible for fostering good relations with existing network of participating provider physicians and facilities; If necessary, directly contact field representatives, attending physicians, and others to obtain further information; Collaborate with Chief Actuary and Director of Actuary and Underwriting in deciding whether to offer insurance to the applicant and in determining the appropriate premiums and amounts of coverage; Creates, updates and maintains records in the Underwriting Department's database for each application received. Performs other related work as required; Coordinates with the Health Management Department to ensure the success of Company's Disease Management program; Abstracts data from records and maintains statistics and prepares daily and periodic activity reports. Research issues and makes recommendations; Performs other related duties as assigned.

REQUIREMENTS:
- Associate's Degree in Nursing or Medicine-related field (foreign equivalence is acceptable); and
- Minimum of two (2) years related experience; or
- Minimum of two (2) years' experience in Nursing or Medical Case Management Underwriting; and
- Must be proficient with the Milliman Care Guidelines (MCG) / Medical Society Guidelines.

Interested individuals please send your resume with a list of references, photocopy of a valid photo identification card & updated police clearance to:

Audre Xiong, Human Resources Officer
Staywell Guam
520 Route 8
Maite, Guam 96910
Contact no. 671-477-5091
E-mail: amxiong@staywellguam.com

WE ARE AN EQUAL EMPLOYMENT OPPORTUNITY EMPLOYER

WORLD RESORT SAIPAN

JOB VACANCY ANNOUNCEMENT

OPEN DATE: May 6, 2022
CLOSE DATE: May 20, 2022
POSITION: Cook
SALARY: $7.74 per hour

Qualifications:
High school graduate or equivalent required. Two (2) years of formal training/education in culinary arts preferred. Position requires employee to receive food handler related health examinations and clearances as condition to their continued employment. Ten (10) positions are currently available.

OPEN DATE: May 6, 2022
CLOSE DATE: May 20, 2022
POSITION: Information Technology Clerk
SALARY: $12.08 per hour

Qualifications:
High school graduate or equivalent required. Two (2) years of experience in computer support preferred. Two (2) positions are currently available.

OPEN DATE: May 6, 2022
CLOSE DATE: May 20, 2022
POSITION: Prim
SALARY: $7.35 per hour

Qualifications:
High school graduate or equivalent required. Two (2) years experience with entertainment and activity is preferred. Must enjoy and be comfortable interacting with young children. Six (6) positions are currently available.

Employment application forms are available at the Saipan World Resort, Security Office, located next to the Wave Jungle/Water Park. Applicants must submit the completed form and all the necessary requirements to the Security Office. Incomplete application will not be accepted by the Security Office. For more information, please contact the Human Resources Team at (670) 234-5900 ext. 575/576/266.

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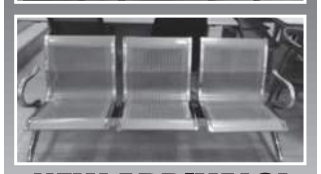
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Tels: (670) 233-8666
233-7447

Public Outreach Notice

The Northern Marianas Housing Corporation will be conducting a Public Outreach regarding the **Homeowner Assistance Fund Program**. Ongoing applicants may also attend the outreach, should they have any questions or need clarification on the application packet. Details are as follows:

Where: Rota Youth Center
When: Saturday, May 14, 2022, 10:00 am

Eligibility Criteria

Eligible Homeowners:

- Must be a resident of the CNMI
- Must meet the income limit: less than or equal to 150% area median income or less than the median income of the United States, whichever is greater (See income limits below)
- Must show proof of experiencing financial hardship after January 21, 2020, including a hardship that begun before January 21, 2020 but continued after that date

- The homeowner is not required to have an existing mortgage. Homeowners may seek for utilities, homeowner-related insurance, and broadband assistance.
- The homeowner does not have to be delinquent. Homeowners may seek for future assistance.

Program Information

1) Mortgage delinquency assistance- an eligible homeowner may qualify for assistance of up to $25,400 (not to exceed a period of 12 months) to be used for homeowner's primary residence
2) Mortgage payment assistance- an eligible homeowner may qualify for assistance of up to $20,400 (not to exceed a period of 12 months) to be used for homeowner's primary residence
3) Past due and/or annual home-related insurance premiums- an eligible homeowner may qualify for assistance of up to $1,716 (not to exceed a period of 12 months) to be used for homeowner's primary residence
4) Utilities/Broadband Assistance: Details will be shared at the outreach.

FY 2022 HAF Income Limits Summary for Northern Mariana Islands								
	1-Person	2-Person	3-Person	4-Person	5-Person	6-Person	7-Person	8-Person
Greater of 100% AMI or 100% U.S. Median Income	$90,000	$90,000	$90,000	$90,000	$90,000	$90,000	$90,000	$90,000
Greater of 150% AMI or 100% of U.S. Median Income	$90,000	$90,000	$90,000	$90,000	$90,000	$90,000	$90,000	$92,300

"NMHC is an equal employment and fair housing public agency"

NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514 | Email: nmhc@nmhc.gov.mp | Website: http://www.nmhcgov.net
Public Outreach Notice
Tels: (670) 233-8666
233-7447

The Northern Marianas Housing Corporation will be conducting a Public Outreach regarding the **Homeowner Assistance Fund Program**. Ongoing applicants may also attend the outreach, should they have any questions or need clarification on the application packet. Details are as follows:

Where: Tinian Public Library
When: Monday, May 9, 2022, 5:30 pm

Eligibility Criteria

Eligible Homeowners:

- Must be a resident of the CNMI
- Must meet the income limit: less than or equal to 150% area median income or less than the median income of the United States, whichever is greater (See income limits below)
- Must show proof of experiencing financial hardship after January 21, 2020, including a hardship that begun before January 21, 2020 but continued after that date

- The homeowner is not required to have an existing mortgage. Homeowners may seek for utilities, homeowner-related insurance, and broadband assistance.
- The homeowner does not have to be delinquent. Homeowners may seek for future assistance.

Program Information

1) Mortgage delinquency assistance - an eligible homeowner may qualify for assistance of up to $25,400 (not to exceed a period of 12 months) to be used for homeowner's primary residence
2) Mortgage payment assistance - an eligible homeowner may qualify for assistance of up to $20,400 (not to exceed a period of 12 months) to be used for homeowner's primary residence
3) Past due and/or annual home - related insurance premiums- an eligible homeowner may qualify for assistance of up to $1,716 (not to exceed a period of 12 months) to be used for homeowner's primary residence
4) Utilities/Broadband Assistance: Details will be shared at the outreach.

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	1-Person	2-Person	3-Person	4-Person	5-Person	6-Person	7-Person	8-Person
Greater of 100% AMI or 100% U.S. Median Income	$90,000	$90,000	$90,000	$90,000	$90,000	$90,000	$90,000	$90,000
Greater of 150% AMI or 100% of U.S. Median Income	$90,000	$90,000	$90,000	$90,000	$90,000	$90,000	$90,000	$92,300

"NMHC is an equal employment and fair housing public agency"

Docomo Pacific sponsors Guam's 1st Ina Well Fest

TAMUNING, Guam—Docomo Pacific, regional leader in innovation, telecommunications, and entertainment, sponsors the first Ina Well Fest presented by Ina Wellness Collective and the Guam Behavioral Health and Wellness Center.

The Ina Well Fest is a holistic wellness experience and will be the first of its kind on Guam. It is a part retreat, part festival, and part conference that will work to unite the local health and wellness community under one roof, inspire and empower our community to get and stay healthy holistically, and elevate local businesses, brands, and practitioners.

"Ina Well Fest is part of a larger movement to inspire a healthy holistic lifestyle on Guam," said Livia Marati, founder of the Ina Wellness Collective. "Drawing inspiration from my favorite live experiences, the event will fuse together the learning and inspiration of a conference with the high energy of a festival. I'm looking forward to gathering Guam's health and wellness enthusiasts under one roof, and showcasing our budding scene in fitness, nutrition, sustainability and self-care."

Docomo Pacific is invested in the overall health of our island's community and is proud to be a Soulful Supporter of the Ina Well Fest. Participants can look forward to numerous activities such as wellness talks, experiential breakouts, partner activations, and a diverse presentation of food, music, and art.

The Ina Well Fest will be held on June 25, 2022, at the Hyatt Regency Guam from 12pm to 6pm. Tickets are $111 per participant. To purchase tickets or for more information, visit www.inawellfest.com.

What to expect

- Wellness Talks from health and wellness guest speakers and teachers
- Energizing breakout sessions, including a special yoga masterclass
- Opportunities to connect with the community and explore what our local wellness businesses and practitioners have to offer
- Culinary Corner
- Live Music & Art
- Zen Zone ***(PR)***

JOB VACANCY ANNOUNCEMENT

Operations Manager (Saipan, MP)
Develop business strategy to achieve organizational sales goals and revenues; Monitor and plan direct activities of importing main materials overseas; Communicate effectively with customers to identify their needs and evaluate solutions in order to satisfy the customers' needs; Review annual, quarterly and monthly sales revenue and make sales and financial reports in order to set up a long-term goal and objectives; Analyze and review financial performance of the corporation and identify improvement; Send Resume & Transcript to P&A CORPORATION. ATTN: Do Yi KIM, P.O.BOX 506003, Saipan, MP 96950.

CNMI DIVISION OF PROCUREMENT SERVICES
CNMI GOVERNMENT

INVITATION TO BID
ITB NO.: ITB22-GOV/DOL/OSHA-42200098

SUBMISSION DATE: MAY 26, 2022 TIME: 9:00 A.M.

"BUILDING 1323 & 1331 RENOVATIONS DESIGN-BUILD PROJECT"

COPIES OF THE SPECIFICATIONS MAY BE OBTAINED AT THE OFFICE OF THE DIRECTOR OF PROCUREMENT SERVICES, LOCATED AT THE HORIGUCHI BLDG. GROUND FLOOR, 123 KOPPA DI ORU & BEACH ROAD, GARAPAN SAIPAN, DURING REGULAR WORKING HOURS.

****FOR YOUR SAFETY & OURS: ALL INTERESTED INDIVIDUALS ARE REQUIRED TO USE A FACE MASK & ARE REQUIRED TO REGISTER UPON ENTRY****

QUESTIONS REGARDING THIS ITB CAN BE MADE TO MR. TIMOTHY ASAIVAO, AT THE OCCUPATIONAL SAFETY & HEALTH ADMINISTRATION, DEPARTMENT OF LABOR AT (670) 664-3157.

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/S/ VICKY BENAVENTE
SECRETARY OF LABOR

/S/ FRANCISCO C. AGUON
ACTING DIRECTOR, PS

A SAIPAN TRIBUNE SPECIAL ADVERTISING FEATURE

MAY 6, 2022

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

A mother's retrospective

In celebration of Mother's Day, Saipan Tribune has put together remarkable victories and memories of mothers who look back with a smile when asked about their children. Mothers will always have something good to say about their children and always from the heart.

"In the years after graduating from university, my daughter, Raina Klaver, has shown compassion and dedication that makes me so proud. In March of 2020, with the unknowns of COVID-19 and a cancer diagnosis of her beloved grandmother, she stayed with her grandparents and put her social life on hold.

Throughout the pandemic, she worked in a medical office, went directly to her grandparents after work, and continued to study on her own. This summer she will be starting medical school with a goal to practice community-based medicine to help and heal. Being raised in the CNMI and then growing up around the world, she is using her brilliance, experiences, and empathy to positively make an impact in the world."

—Karla Klaver, Tapochau

Klaver

"I have two children, both girls, one is 6 and one is 3. I cherish watching them take their first steps, go to school, and simply watching them grow. These are the most exciting moments that I have experienced as a mother. I am a full-time employee and, at the same time, I take my masters online at Southern New Hampshire University. [I am a] very busy bee but I manage my time to help my children with homework [and] extra-curricular activities. They love to go to the park, exercise, and go to the beach. I think I will be the kind of mother that even though my kids are adults, have their own family, I am still going to want for them to live with me."

—Lanie Kay Cruz, ASE program coordinator, CNMI Department of Labor

Cruz

"My greatest accomplishment as a young mother to MariaKaiyan, 10 and KastleDanico, 8, is learning the values and virtues of patience, to love unconditionally, and to allow my children to learn on their own. Whether it be via a mistake, or a success, I want them to learn of their own accord. To support this viewpoint, I, as a mother, must remind myself to change roles and take a back seat to let things happen, but also be present for moral and emotional support.

"I enjoy seeing their happiness through their personal accomplishments. And I am also saddened when I witness their sadness. C'est la vie. I enjoy learning with them, laughing with them, loving them, and crying with them. As a mother we want to protect and guide our children as these moments are what drive me to keep pushing forward. I am thankful for this life with them both."

—Maria Valentina Haberman, director, Community Development Institute, Northern Marianas College

Haberman

"I have seven children, all adults now and seeing them grow up was my greatest joy. It is an accomplishment in a way that it is not necessarily because it was hard work, but more of grateful. I am grateful that they are individually successful in their own way and also that they are good and responsible community members. It gives peace of mind as well that they have gone through good and bad things and that they are able to survive and succeed. To me, those are my great blessings,"

—Bertha Leon Guerrero, Garapan

Leon Geurrero

" I am a proud mother and grandmother. I love passing on what my mother and mother-in-law have taught me. Being a mother is hard work, akin to the role of a superhero. Sometimes people do not realize the effort put into the nurturing and caring for children to prepare them to have a good future. With my mother and mother-in-law , I appreciate them for teaching me the importance of education and I wouldn't be at the point of my career right now if it weren't for them."

—Janice Tenorio, Customer Service & Government Relation Manager, IT&E

Tenorio

celebrate
MOM. STEPMOM. MOTHER-IN-LAW. GODMOTHER.
GRANDMOTHER. GUARDIAN. FOSTER MOTHER.
BIRTH MOM. ADOPTED MOM. BONUS MOM. FRIEND.

MOTHER'S DAY dinner buffet

Sunday, May 8th | 6:00pm - 9:00pm | Costa

Adults: $55.00 | $45.00* Children: $27.50 | $22.50*

*Special Local Resident Rates—Valid CNMI ID Required.
Limited seating -Reservations required | Advance payment required for reservations

MOTHER'S DAY getaway packages

Staycation Package | 1 night in our deluxe room | $140* +15% tax
Breakfast Package | 1 night in our deluxe room | breakfast for two(2) | $160* +15% tax
Dine & Relax Package | 1 night in our deluxe room | seafood night or steak night for 2 | $190* +15%
MOTHER'S DAY Dinner Package | 1 night in deluxe room | mother's day dinner for 2 | $200*+15%
Large Family Package | 1 night in 2 deluxe large rooms | 2 free pizzas | $320* +15% tax

Please call 670-322-1234 for reservations.

ARC
AQUA RESORT CLUB
Saipan

Athlete moms to compete in 2022 Pacific Mini Games

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

The CNMI Triathlon Team mothers. From left, Robyn Spaeth, Kathy Pagapular Ruszala, and Heather Ann Brook. ZHAO

Kathy Pagapular Ruszala, Robyn Spaeth, and Heather Ann Brook are the regular faces you see in fun and competitive runs, swimming, and biking on Saipan. We call them "weekend warriors" as they do much of their sports activities on the weekends as they take care of their families and career during weekdays.

Last year they moved their athleticism up a notch and signed up to be a part of the women's triathlon team that will represent the CNMI in the upcoming 2022 Pacific Mini Games in June. The three mom-athletes are joined by Tania Tan and Kaithlyn Chavez in the line-up.

As these ladies build up and support each other, we salute them for making it look so easy to juggle being a mother and an athlete. We know it takes a lot of strength and courage to show up at the starting line and get their game face on at the crack of the starting gun, even as they balance that with the demands of motherhood.

Ruszala is a mother of two and a third-grade teacher at Saipan International School. While Ruszala trains extensively in preparation for the Mini Games every day, she never fails to spend time with her children like taking them to their sports, helping with homework, and maintaining a household. She also holds two master's degrees—one for Education and another for Speech Language Pathology. But the best master's degree that she will ever hold is on motherhood, according to her 9-year-old daughter, Leilani.

"She is doing the triathlon and how awesome is that? I think it is amazing because I don't think she has done it before. That's really hard to do and to get into the Mini Games you have to be the best. It is also really cool because she gets to meet people from other places. She went to Rota recently to practice the course. I am proud of her and I support her by telling her, 'Mom, you've got this!' Happy Mother's Day, Mom, I love you and I'm really proud you are my mom!"

Spaeth has been an athlete all her life and this trip to the Mini Games is a box ticked off her bucket list. She is a mother of two: Lovel, 8, and Declan, 5, and a high school teacher at Marianas High School. Lovel said that, while her mother trains extensively, she doesn't run out of time for her and her brother. "I think it's cool that she gets to race and play with other people. She inspires me to do sports and to be as strong as her," she said.

"I am lucky to have her as my mom because she also helps me with other things like when we have a science fair at school. For Mother's Day, I might make her a card. I love her very much and happy Mother's Day, Mom! I will support mom by cheering 'Go, Mom! you can do this!'"

Declan said that he will make a card for mom too. "Happy Mother's day, Mom, and I'm going to make a card too, like a Valentine's Day card. I think she is doing a good job, I am proud of her and I will also say "Go, Mom!" When she comes home from training, I go and hug her because I love her. I also like to sleep and live with her. I want to be strong like mom so I can lift up a tree."

Heather Ann Brook is a budding mom to 15-month-old Addie; this is her second year to celebrate Mother's Day. She did soccer and ballet as a child, then switched to lacrosse in high school all the way to college. She has joined several marathons, one of which was the Boston Marathon in 2014. "I got into triathlons since moving to Saipan five-and-a-half years ago and learned how to open water swim and road bike here. Our training has been busy. I try to get six workouts in a week which is hard to do when you are also working and parenting," she said.

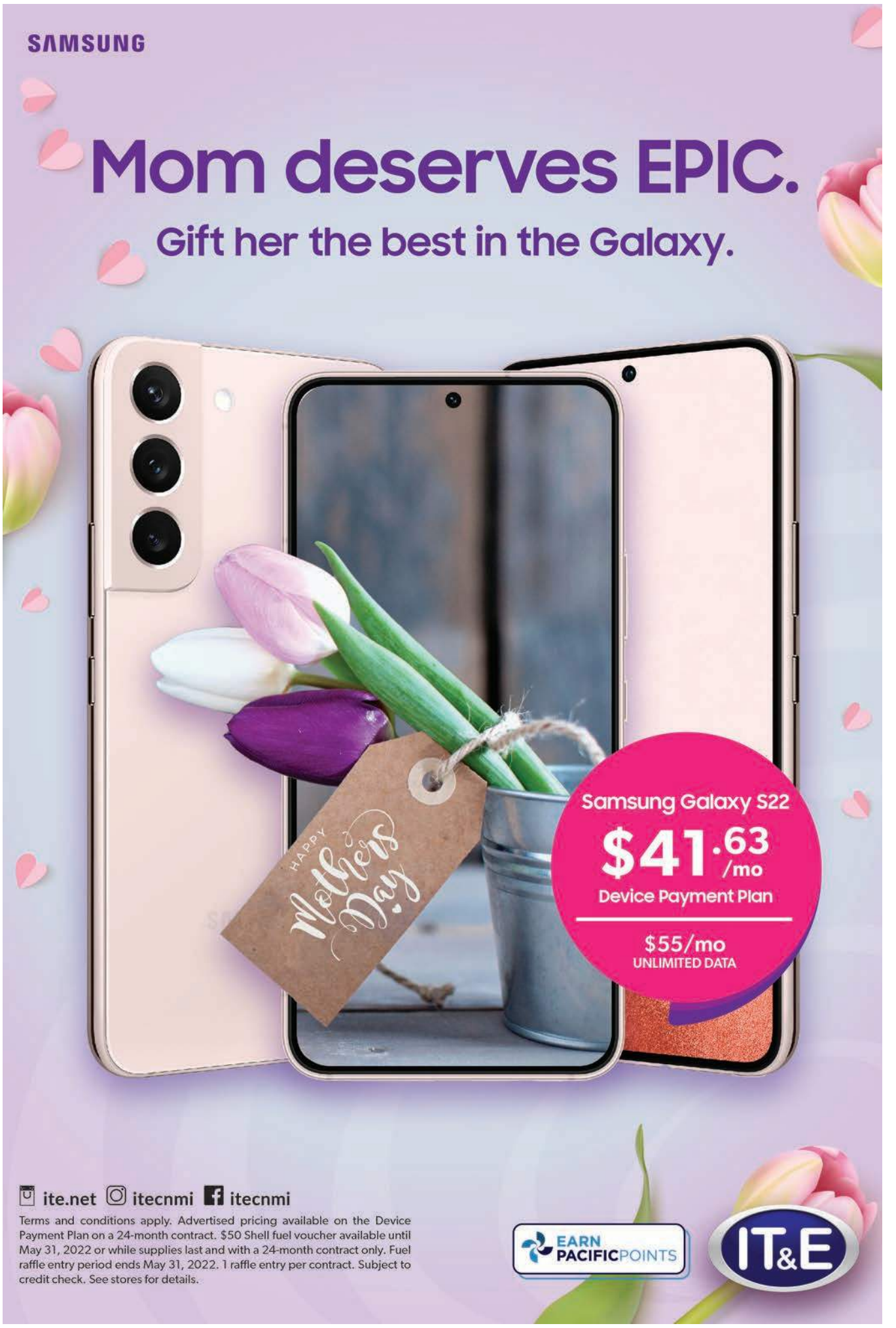
"The best part was having our coach here from Australia, because that was a really incredible learning opportunity to be coached instead of self-taught. We learned so many triathlon-specific skills that were new to all of us and it made the training feel a lot more purposeful, and got me more excited for the final weeks leading to the Mini Games," she added.

As a pediatric nurse practitioner at the Commonwealth Healthcare Corp.'s Children's Clinic, where she has a 30-hour work week, Brook is grateful to have more time with Addie. "I also have the help of a wonderful nanny for my daughter. Sometimes she takes care of my daughter for me so that I can go do my training. Other times I take Addie along with me. She has a special seat that attaches to my bike and we also have a jogging stroller I use for the running sessions. Luckily, she really likes to come along so she's pretty happy in her bike seat or stroller," she said.

"Some of my main challenges were recovering after having a baby. It took me a lot longer to recover than I had expected. I had a bad pelvic floor injury, and had to do many months of physical therapy to get back to running comfortably again. The other big challenge is balancing being a single parent and trying to be present for my daughter with the demands of training. I sometimes can't fit in all the workouts I'm supposed to, because I still have to put her first, and don't want to miss too much time of these early years that go way to fast," she added.

Brook said that Addie inspires her to be a better mom, nurse, and athlete. "I think that's important for children to see their parents doing things they love, working hard toward a goal, and living a healthy, fit lifestyle. She's probably too young to appreciate all that now, but she will see it more when she's older. For now, doing triathlon makes me a happier person, and if I'm a happier person, I think I'm a better mom, which she benefits from."

"As I watch Addie grow and learn, she reminds me to stop and just enjoy the simple moments in life. Sometimes I can get so caught up in going from one activity to the next, she really helps remind me to just slow down and just enjoy being present with her. She helps keep me grounded to what's really important. She makes me want to be the best mom I can be," she added.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EARN PACIFICPOINTS
IT&E

Mother's Day message from husbands

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

It's not only the children but also the dads and husbands who get to honor the best woman in their life on Mother's Day. In this conversation with Saipan Tribune, the following husbands believe that big or small gestures to honor the woman with whom they share their lives and children with are not difficult to do.

"As a father of six, I appreciate my wife, first lady Diann Torres, so much for all the things that she has done for the children, especially when I am not there. I admire her strength through all the troubles that we have gone through as we never lost our faith in God and this makes me more appreciative of my own mother. My mother's unconditional love means that, no matter what the situation is, no matter how sick or tired she is, she makes sure that her children are doing okay. I will always be grateful that she gave me my first breath. Her love and perseverance are never ending. She has taught me to always do the right thing and to move forward. She reminds me to be of help to the community, show love always, stay humble and put God as our priority before anything else. I will never be where I am without her and I love her so much."

—Gov. Ralph Torres

"Happy Mother's Day to my wife, Jill. She is a great partner in raising our children and making them well-adjusted and successful young women. She is a great role model to our daughters to follow. She is also a successful businesswoman and so I am happy to be her partner and husband. I am here to support her efforts, whether it is about our children, her business, social, [or] civic activities."

—Jim Arenovski, businessman

"Lindsay is the heartbeat of our family. She is positive, adventurous, and more fun than all of us put together. She keeps us on our toes, keeps our lives moving forward, and makes sure we all feel cared for and loved. One thing I wish our kids remembered was how much she fussed over them when they were babies, all while maintaining a full-time job and even training for marathons soon after they were born! Lindsay is a force as a worker, a runner, and a mother. We are lucky to have her as a strong role model in our lives. Happy Mother's Day!"

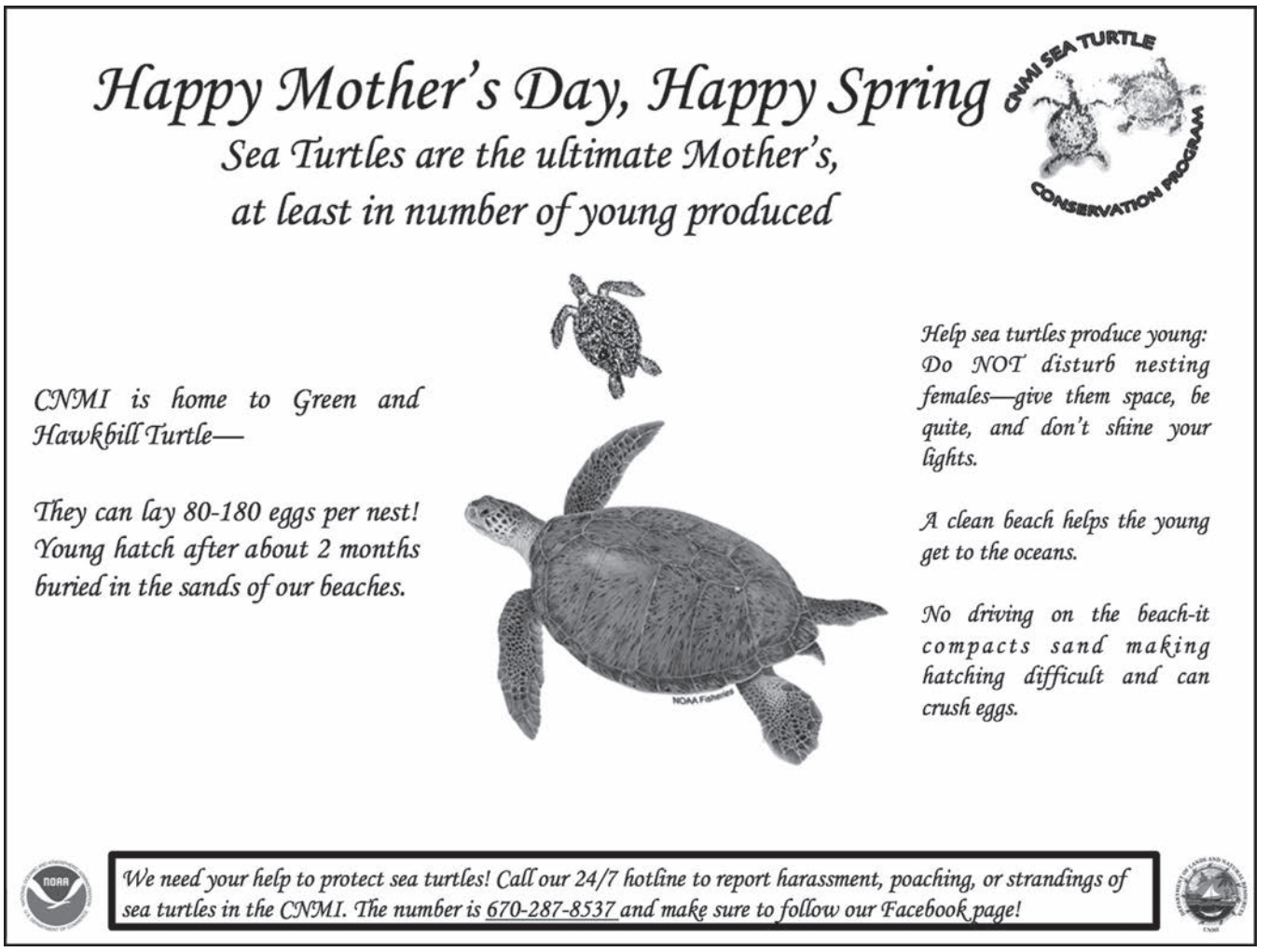
—Whit Altizer, Navy Hill

"My wife and I have been married for 40 years and she has managed the children very well from when they were young and now adults. My work entails that I go off island a lot so my wife has helped the children with their education and kept the family intact while working at the same time."

—Das Krishnan, director of Food & Beverage, Crowne Plaza Resort Saipan

"To my wife, Angel, you truly are an angel! You are the greatest blessing the kids and I could ever ask for. We are grateful to have you each day and we wish you a very happy and blessed Mother's Day and, together with Tian and JD, we also greet you an advanced birthday on May 18."

—Victor Cabrera, teacher, Hopwood Middle School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We need your help to protect sea turtles! Call our 24/7 hotline to report harassment, poaching, or strandings of sea turtles in the CNMI. The number is 670-287-8537 and make sure to follow our Facebook page!

MESSAGE FROM MAYOR DAVID MUNDO APATANG
TO ALL MOTHERS ON MOTHER'S DAY 2022
In every person's life, a mother brightly shines the path for her children. Our mothers are our indestructible pillar; our mothers are our lifetime role model; our mothers are our constant inspiration; mothers are our wisest teacher; our mothers are our whole world. Mothers never give up no matter the challenges in front of them. We hear the voices of our mothers when we are awake and even when we are asleep. Our mothers are special and always present in our hearts. This Mother's Day and like all days, we honor our mothers and make them hear us that we dearly love them and are always thankful to them for sharing their joyous lives for us.
To all mothers, those who are still with us today and those who are with our Lord God in His eternal paradise, thank you for bringing us into your life. Nothing can erase from our hearts the goodness, kindness, and love you gave us. Because of your teaching, we continue giving love to others as it is your hope that we all live in peace.
HAPPY
MOTHER'S
DAY
SI YUUS MAASE, GHILISOW, SALAMAT PO, AND THANK YOU TO ALL MOTHERS ON MOTHER'S DAY 2022.

A mother's journey

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

Motherhood is like being in school in a sense that mothers go through different grades and levels. From giving birth, to taking care of toddlers, teens, adults and then grandchildren. But while these stages are inevitable, mothers make a sincere effort to handle every step of the way with finesse, wisdom and being a beacon for their children and grandchildren throughout the journey.

Joy Santos of Koblerville, mother to pre-teen children Yumi, 14 and Rafa, 10, fondly recalls the time when her children would follow anything she tells them to do. "Now they know what they want and my parenting style adapted and changed by considering them and their opinions in my decision-making. I respect what they want and as long as I know there is nothing wrong about it then I'm fine with it. Now they are at the point where they are establishing their own personalities, I recognize that this is a critical time for them and for us parents," she said.

Santos admits that raising teenagers in this day and age is challenging. "Setting boundaries is a very helpful tool for us parents. This generation faces too many distractions and access to the world that they need to know their limitations. I used to tell them that I am a cool mom to give them assurance that they can be comfortable with me like a friend," she said. "But I also remind them to keep in mind that I am still their mother so they have to respect me.

While she takes time to be involved in her children's lives, Santos said it can be difficult at time as she is a working mother. "I always try my best to be present all the time, be there for their activities and support them. … Raising a girl and a boy also poses a difficulty sometimes because of their differences . …As a parent, trying to meet each child's need breeds balance. Fortunately, I have good, loving and sweet children that make my motherhood easy," she added.

Cody South of Navy Hill, who is a mother of two and grandmother to six grandchildren, said that changing gears on parenting when you become a grandparent can be tricky. "There was once a time you were the one setting the guidelines, raising your own children and once they have grown and have had your grandchildren, it is important in my opinion to step back and give them the helm of the ship, so to speak, and let them steer the wheel. Trust that you have raised

See JOURNEY on Page 16

For the sacrifices you make and the love you give...
thank you to our Moms.

HAPPY
Mother's Day

from the staff and management of
Hafa Adai!
Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER

Amongst all the beautiful shades of woman, motherhood is certainly the most special one.

HAPPY
Mother's
DAY

FROM THE MANAGEMENT & STAFF OF

Tan Holdings
www.tanholdings.com

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Tan Siu Lin Foundation

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and more eternal than that of motherhood.
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5 tips to help moms get fit and stay fit

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

Mothers have it hard as they juggle family life, work, and keeping up with their health but, whether they do it in a gym or at home, staying fit is an essential part of a long-term health strategy. In a time of a pandemic, staying healthy is truly a plus.

Latte Built 24 Hour Fitness & Nutrition owner and fitness coach Derek Cutting said that nothing is impossible when it comes to fitness, as commitment is always the first step. Here are his top 5 fitness advice for mothers.

1) PRIORITIZE SELF: "Take care of yourself first! Just like the airline attendant that tells us to put our own oxygen mask on before helping others, we can't help and care for others if we aren't taking care of ourselves."

2) FIND THE TIME: "The U.S. Department of Health and Human Services recommends 150 minutes of moderate exercise or 75 minutes of intense exercise weekly. in layman's terms, that's only 25 minutes six days per week or 15 minutes five days per week, respectively. It helps that Latte Built Fitness in Oleai and Kagman are open 24/7 for all members. I promise 100% that you can find the time, but you must prioritize it!"

3) FIND THE RIGHT PACE FOR YOU: "Start slowly and work on establishing a routine, just like brushing your teeth. Make the time for your exercising a daily habit that you refuse to miss."

4) HAVE A WORK-OUT PARTNER: "It's been proven that working out with someone with similar goals increases your intensity as well as motivation and drive to be consistent. If you don't have one, start by yourself and make friends in the gym. You'd be surprised what new friends you make with very similar goals."

5) PRIORITIZE NUTRITION: "Buy only high-quality nutrient-rich foods for your family or household. Leave the 'craving foods' at the store. I don't keep sugary snacks, chips, candy, or ice cream at my house. If it's out of sight and not immediately available, you're much less likely to eat it. Research other snack options that are nutrient-rich like celery and peanut butter, cottage cheese and mixed berries, yogurt with a little granola. With that being said, I also understand balance, so sometimes we as a family will go to Scoops or Panda in Garapan for an ice-cream treat and enjoy as a family."

Cutting said that mothers have the power to inspire the whole family in starting a healthy lifestyle. "Make it a family affair, set a time every evening to do something active as a family, such as walking at the Inos Peace Park, go bicycle riding, [or] play tag in the yard with the children.

"Make exercise a part of the family lifestyle and make it fun. It is guaranteed that you will enjoy the journey in which the destination—a healthier lifestyle—will become inevitable," he added.

JOURNEY

From Page 15

them to do so and just enjoy the ride (Of course that does not pertain to ice cream. Grandma has full control over the distribution of ice cream)," she said.

One of South's biggest challenges as a mother and now a grandmother is spending time with each of her children and grandchildren. "I think many mothers will relate to this. I learned that it is so important to have one-on-one time with your children and grandchildren, no matter how old they become. It can be hard if you have a larger family… but this is so important in my book. I think a healthy balance on what activities are shared during grandma time is to spend time doing what your grandchildren love but also sharing the things grandmother loves to do.

"Grandma would like to pass on her hobbies, interests and favorite things that may be lost once grandmother is gone. My youngest granddaughter and I recently planted a vegetable garden together. She's my dirt-loving baby girl, so it was a perfect fit for [us] as I shared the same thing with my grandmother. I am teaching my oldest granddaughter how to sew a baby doll quilt. Sewing is also a love of mine as my grandmother taught me to sew at the age of 8 and I cherish those memories with her and think of them often when I sew. On the flip side, my grandson has taught me that granny can still play B ball and shoot a hoop. I can now give him a pretty good round of it now, he is quite the coach at age 5 and says, 'Grandma, you're getting better. You just need to practice,'" she added.

South gives the word grandmother a different meaning. Not only does she become another set of arms for her grandchildren to hug, she makes sure that each little thing will leave "grand" memories. "It has been amazing. There are so many important lessons to learn and teach but for me the most important one that I learned has been my everlasting light since I first held my firstborn child in my arms," she said.

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HOME & Family

Gift ideas for Mom!

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

Looking for the perfect gift to commemorate Mother's Day can be challenging especially when she insists on just receiving hugs and kisses, but thoughtful gifts to remind how special she is still go a long way. Here are some gift ideas that you can find around the islands.

Sweets for mom

Jhen's Sweet Corner in Dandan across Joeten knows how to treat mothers right, as owner and baker Jennifer Ortiz is a mother herself. Woo mom with delicious assorted macarons placed inside a cute box for only $15. Aside from macarons, choose from an array of desserts like cupcakes that come in salted caramel, vanilla bean, chocolate and lemon flavors, cookies, brownies, and their specialty cakes—cashew sans rival, red velvet, tiramisu, and Oreo cheesecake. For orders, call (670)286-2733 or look them up on Facebook and Instagram @ Jhensweetcorner

Doll her up

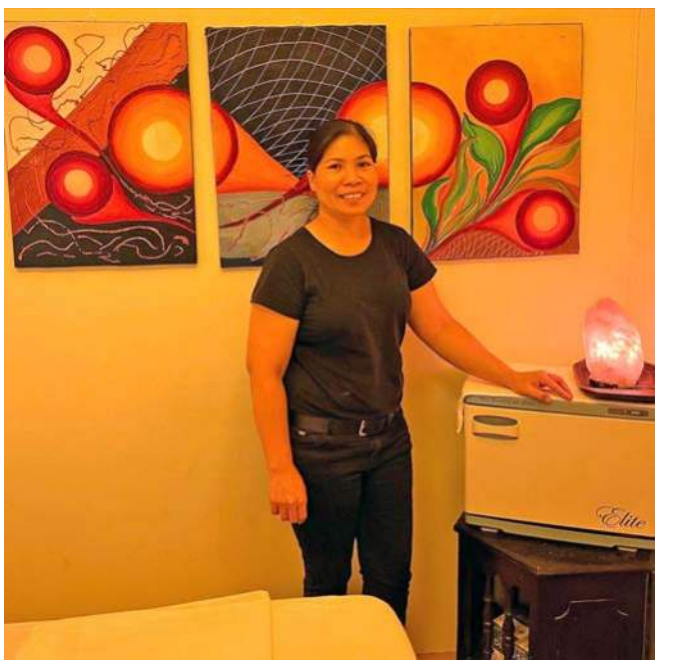
Woman essentials, from bath, beauty, accessories, and more, are available at **Kiki's Boutique** on Middle Road. Select from a variety of choices that will make mom smile. From left, Bath and Body Works sanitizer spray for only $8.90, Victoria's Secret Lotion perfume for only $23.90, Bath and Body Works hand soap for only $9.90, Top Five Lipstick set for only $24.95, Mason Jar Tumbler for only $19.90, or a gold chain necklace with

a "mommy" pendant for only $ 11.90. For inquiries, call (670) 235-6254 or look them up on Facebook and Instagram @kiki's

Make a toast!

Raise a toast to the best woman in your life with champagne from **R&J Wine and Liquor** along Beach Road in Garapan. Take advantage of their Mother's Day promo of 10-15% off on selected drinks, including champagne from Spain, France, and Italy. For inquiries, call (670) 233-9469 or look them up on Facebook: R&J Wine and Liquor or Instagram: @r_jsaipan

Pamper her from head to toe



"Relaxation" and "pampering" are mom's favorite words and **Natural Nail Spa** on Middle Road has the perfect packages. The "Queen For A Day" package includes a body scrub, 60-minute body massage, anti-aging or detox facial, classic spa manicure and pedicure—all for only $130. The "Mom's Retreat" package includes anti-aging or detox facial, gel manicure, charcoal detox, and pedicure with foot scrub—all for only $100. The "Mom's

See GIFT on Page 20

HAPPY
Mother's Day!
To all the mothers of the Marianas and all those who have taken on a motherly role in one way or another,
We celebrate you and express our sincerest gratitude for all that you do. Without your sacrifices, hard work, and strength, we wouldn't be where we are today, and for that, we honor you.
We wish you all the happiness in the world, because you have given us the world and more.
From our family to yours, Happy Mother's Day, Marianas!
COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
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happiness you so richly deserve.

Happy
MOTHER'S
DAY

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Happy
Mother's
Day

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for all that they do. You all are superwomen.
Happy Mother's Day
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A mother is who can take
the place of others but
whose place no one can take.
— Cardinal Mermillod
Wishing all the happiness
to our mothers on this day!
happy Mother's day
From the Office of Senate President
Jude Untalan Hofschneider
and the Members of the 22nd Senate
Commonwealth Legislature

GIFT

From Page 18

Escape" package includes hair spa with blow dry and pedicure with a 30-minute foot massage for only $80. "Mom & Me" includes classic facials, gel manicure, and classic spa pedicure for only $120 (priced for two). For inquiries, call (670) 233-6245

Mommy 'me' time

Treat mom to "me" time to catch up on her reading, cross-

word puzzle, a chat with your aunt or her best friend. **Java Joe's** in Dandan offers gift certificates in paper worth $5 or plastic cards that start at $10. A coffee and snack treat for mom is guaranteed one of the best decisions of your life. For inquires, call (670) 235 5098 or email: javajoes_saipan@yahoo.com

Help mom get organized

They say moms carry their whole house in their bag. Help her get cute and stylish while doing it with wallets, hand bags, and shoulder bags that are available from $15 to $40 at **Star Sands Plaza I Love Saipan** on Beach Road in Garapan. For inquiries, call (670) 233-3535 or visit their website: http://www.ilovesaipan.us/

Say 'Coffee is on me, mom!'

Let mom think of you every time she takes a sip of her coffee by giving her fresh **Marianas Coffee** whole beans. A pack is below $15 that will last for days. Every day, mom is

See GIFT on Page 21

GIFT

From Page 20

guaranteed to have a fresh cup of brew whether at home or office. Available at I Love Saipan and ABC Store outlets.

For the love of mom and food!

Schedule a lovely date with mom over salad and pasta

at **Surf Club** in Chalan Kanoa while enjoying the cool ocean breeze. Enjoy their special Mother's Day dishes that include chicken Caesar salad and seafood pasta in tomato cream sauce that comes with a glass of wine for only $32.95. Promo runs from May 2 to 8. For inquiries, call (670)235-1122 or visit their Facebook page: SurfClubSaipan and Instagram @surfclubsaipanrestuarant

A little nostalgia for a special lady

Have a "tale as old as time" date with mom at the historic **Marianas Lighthouse** on Navy Hill. Enjoy a variety of Korean, Japanese, Chamorro, and Filipino dishes carefully prepared by their in-house chef while enjoying the beautiful view of the west side of the island. They also offer Mother's Day gift certificates for $50 and $100. For inquiries, call (670) 322-3353.

Make mom bloom some more

Flowers represent beauty, the colors of life and freshness and that is how moms wants to be remembered at all times. Get them the blooms at **New Paradise Flower Shop** on Middle Road. For Mother's Day, they have ready-made flower arrangements and you can also make your own. For inquiries, call (670) 233-9875.

FROM THE MANAGEMENT AND STAFF OF
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Business

BUSINESS BRIEFS

Europeans weigh costs of cutting Russian energy over Ukraine

MILAN (AP) — Across Europe, rising energy prices are testing the resolve of ordinary consumers and business owners who are caught between the continent's dependence on cheap Russian energy and its revulsion over President Vladimir Putin's invasion of Ukraine. Governments are trying to replace energy supplies from Russia, mindful that their regular payments are funding a war that has seen thousands of civilian deaths and widespread destruction. They also face a nerve-wracking showdown with Moscow over its demands for payments in rubles, and the possibility that Russia will block supplies, as it did to Bulgaria and Poland last week. European Union countries import 40% of gas and 25% of oil from Russia, and the current EU timetable doesn't foresee energy independence from Moscow for another five years.

Moderna Q1 profit triples on robust COVID vaccine sales

COVID-19 vaccine sales helped Moderna triple its net income in a better-than-expected first quarter. The vaccine maker said Wednesday that revenue from its coronavirus preventive shots jumped to $5.92 billion from $1.73 billion in last year's quarter, when the vaccines were debuting in most markets. More than 217 million doses of Moderna's Spikevax vaccine have been administered in the U.S., where it is one of three approved options for adults. Pfizer's Comrinaty shots are the most commonly used, according to the Centers for Disease Control and Prevention. A vaccine from Johnson & Johnson ranks third. ***(AP)***

Airbus posts profit, plans new jet assembly line in Alabama

Airbus said Wednesday that its profit in the first three months of 2022 more than tripled to 1.22 billion euros ($1.28 billion), helped by an increase in aircraft deliveries as airlines recover from the worst of the pandemic. Airbus said it plans to speed up production of its A320 family of planes that compete with Boeing 737s to 75 per month by 2025. To hit that rate, Toulouse, France-based Airbus will build a second final assembly line at its plant in Mobile, Alabama, CEO Guillaume Faury told reporters. ***(AP)***

DIVISION OF COASTAL RESOURCES MANAGEMENT

P. O. Box 501304, Saipan MP 96950, Gualo Rai Center, Saipan
TEL. NO. 664-8300 FAX NO. 664-8315
www.dcrm.gov.mp

NOTICE OF APPLICATION

As of May 6, 2022

THE FOLLOWING IS A PUBLIC ANNOUNCEMENT OF COASTAL PERMIT APPLICATIONS RECEIVED BY THE DCRM OFFICE:

APPLICANT	DATE APPLICATION RECEIVED	APPLICATION PROJECT DESCRIPTION	LOCATION	TYPE	STATUS
1. International Bridge & Construction Marianas, Inc. (IBCM)	04/04/2022 RMS-2022-025	Transfer of Interest (Pali'e Rota Quarry)	Sinapalo, Rota	Major Siting	*Approved 4/29/2022
2. Department of Land & Natural Resources (DLNR)	04/22/2022 SMS-2022-029	Garapan Revetment (Shoreline Stabilization) Project	Garapan, Saipan	Major Siting	*Application Under Review
3. Commonwealth Utilities Corporation (CUC)	04/28/2022 SWMPICH-2022-030	Island-Wide Vegetation Clearing & Trimming	Island Wide Saipan	Wetlands & Mangroves, Shoreline Ports & Industrial, Coastal Hazard	*Under Review
4. Northern Marianas Pacific Mini Games	04/26/2022 SLRm-2022-032	Beach Volleyball Court	Garapan, Saipan	Shoreline	*Approved 4/28/2022
5. Northern Marianas National Paddle Sports Federation (NMNPSF)	04/28/2022 SLRm-2022-031	2022 Pacific Mini Games Va'a Race	Susupe, Saipan	Lagoon & Reef	*Approved 4/28/2022
6. Bureau of Environmental and Coastal Quality, Division of Coastal Resources Management (BECQ-DCRM)	05/03/2022 SSLRCHm-2022-033	2022 CNMI Ocean Fair	Susupe, Saipan	Shoreline, Lagoon & Reef, Coastal Hazard	*Under Review
7. Marianas Visitors Authority (MVA)	05/03/2022 SSm-2022-034	Maoli Concert	Saipan, Garapan	Shoreline	*Approved 05/03/2022

NMIAC §15-10-210 of the CRM Rules and Regulations requires all permit applications to be published in a newspaper for general circulation within the CNMI within 15 days of receipt of application. The list reflects recently received permit applications and those with a recent change in status. New applications are marked with an asterisk (*).

The Public is invited to submit written comments regarding any of the above projects for which a permit decision has not been issued. All permit comments should identify the project by application number. Your comments should be mailed or hand-delivered to the DCRM Office. All persons who desire a public hearing regarding any project may do so by submitting a written request for a public hearing to the DCRM Office within fourteen (14) days for minor permits (APCs) and proposed amended major sitings. Public Hearings are required for all new major siting projects. All public hearing notices are published in a local newspaper of general circulation. Residents of Rota and Tinian may submit comments and hearing requests to their local DCRM Coordinator. Persons wishing to retain the right to appeal a DCRM Permit decision must file a notice of appeal with the DCRM office within thirty (30) days of the issuance of the DCRM permit decision as provided in Part 200 § 15-10-235 of the DCRM Regulations.

COMMONWEALTH UTILITIES CORPORATION

OFFICE OF THE EXECUTIVE DIRECTOR

REQUEST FOR PROPOSAL

CUC-RFP-22-026

LEASE OF OFFICE/WAREHOUSE SPACE FOR CUC POWER DIVISION TRANSMISSION & DISTRIBUTION SECTION, SAIPAN CNMI

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC), is soliciting competitive sealed proposals from firms for the lease of office & warehouse spaces for CUC Power Division, Transmission & Distribution Section in Saipan, Commonwealth of the Northern Mariana Islands.

The RFP Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $50.00 (non-refundable) for one RFP package set. Prospective Proposers must pre-register with the CUC Procurement & Supply Division.

One (1) original and four (5) hard copies of your submission must be submitted in a sealed envelope marked *"CUC-RFP-22-026, Lease of Office/Warehouse Space for CUC Power Division Transmission and Distribution Section, Saipan, CNMI"* to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **May 20, 2022 at 10:00 AM (ChST)**. Late submissions and conditional proposals will not be considered.

Discussions may be conducted with responsible offerors who submit proposals determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity to discussion. During discussions, there will be no disclosure of any information derived from proposals submitted by competing offerors.

All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the Offeror due to lack of information or understanding of the proposal requirements in the course of Contractor's preparation of a proposal or supply under the contract. The RFP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the proposal under this request, or to procure or contract for services. The proposers are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed as per the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on May 5, 2022** to Manny B. Sablan, CUC, Purchasing Officer via email address manny.sablan@cucgov.org with a copy to Lee Lieto, CUC, Power Division Manager via email address lee.lieto@cucgov.org and Christie Sablan, CUC, Purchasing Technician, Senior via email address christie.sablan@cucgov.org.

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said proposal, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

GARY CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

COMMONWEALTH UTILITIES CORPORATION

OFFICE OF THE EXECUTIVE DIRECTOR

INVITATION FOR BIDS

CUC-IFB-22-014

SEWER MAIN REPLACEMENT PHASE II (ROYAL PALM AVENUE AND GINGER AVENUE – GARAPAN)

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Sewer Main Replacement Phase II (Royal Palm Avenue and Ginger Avenue – Garapan) in Saipan, Commonwealth of the Northern Mariana Islands. The project consists of but not limited to the installation of gravity sewer main, new sewer manholes, new service laterals, connection to existing service laterals, and the abandonment of existing sewerline, removal and disposal of existing sewer manholes.

The project is funded by a grant from the United States of Environmental Protection Agency (USEPA) and CUC. The award of this project is contingent upon receipt of approval for project award from USEPA.

CUC requires the project to be completed in **300 calendar days** from date of award of contract.

Prospective Bidders for this IFB must pre-register with the CUC Procurement & Supply Division. The IFB package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $200.00 for one IFB package set.

A Pre-Bid Conference followed by site visits will be held on **May 11, 2022 at 10:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No. 17, Joeten Dandan Commercial Building.

One (1) original and Five (5) copies of the bid MUST be submitted in a sealed envelope marked **"CUC-IFB-22-014, Sewer Main Replacement Phase II (Royal Palm Avenue and Ginger Avenue – Garapan)"** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on June 1, 2022**, at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before due date and time. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement this form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. **Late submissions and conditional bids will not be considered.**

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding if the bid requirements in the course of the Contractor's preparation of a bid under the contract.

A Bid Guarantee of not less than fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the Unites States Secretary of Treasury as an acceptable surety. A *Payment Bond* of one Hundred (100%) percent and a Performance Bond of one hundred (100%) of the total bid price will be required upon the execution of the contract by the successful bidders. The payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). *Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.*

Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from pre-registered bidders and must be submitted in writing no later than **10:00 AM (ChST) on May 13, 2022** to Mr. Manny B. Sablan, CUC's Purchasing Administrator, via email address manny.sablan@cucgov.org, with a copy to Larry Manacop, CUC's Acting Chief Engineer via email at larry.manacop@cucgov.org, Dennis Formalejo, CUC's Engineer via email at dennis.formalejo@cucgov.org and Ms. Christie Sablan, CUC's Senior Administrative Technician via email address at christie.sablan@cucgov.org.

CUC reserves the right to reject any or all bids for any reason and waive any defects in said bid proposal, if in its sole opinion, to do so would be in the best interest of CUC. All bids shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator

Nation

President declares disaster in New Mexico wildfire zone

LAS VEGAS, N.M. (AP)—Firefighters slowed the advance of the largest wildfire in the U.S. as heavy winds relented Wednesday, while President Joe Biden approved a disaster declaration that brings new financial resources to remote stretches of New Mexico devastated by fire since early April.

U.S. Rep. Teresa Leger Fernandez announced the presidential disaster declaration during an evening briefing by the U.S. Forest Service about efforts to contain the sprawling wildfire in northeastern New Mexico, which has fanned out across 250 square miles (647 square kilometers) of high alpine forest and grasslands at the southern tip of the Rocky Mountains.

"It will help us do that rebuilding and it will help us with the expenses and the hardship that people are facing right now," the congresswoman said. "We're glad it happened this quickly."

Fire bosses said they are seizing upon an interlude of relatively calm and cool weather to keep the fire from pushing any closer to the small New Mexico city of Las Vegas and other villages scattered along the fire's shifting fronts. Airplanes and helicopters dropped slurries of red fire retardant from the sky, as ground crews cleared timber and brush to starve the fire along crucial fronts.

Bulldozers for days have been scraping fire lines on the outskirts of Las Vegas, population 13,000, while crews have been conducting burns to clear adjacent vegetation. Aircraft dropped more fire retardant as a second line of defense along a ridge just west of town in preparation for intense winds expected over the weekend.

An estimated 15,500 homes in outlying areas and in the valleys of the Sangre de Cristo Mountains that border Las Vegas have been affected by mandatory evacuations. The tally of homes destroyed by the fire stands around 170.

The president's disaster declaration releases emergency funds to recovery efforts in three counties in northeastern New Mexico where fires still rage, as well as portions of southern New Mexico where wind-driven blazes killed two people and destroyed over 200 homes in mid-April.

The aid includes grants for temporary housing and home repairs, low-cost loans to cover uninsured property losses and other relief programs for individuals and businesses, a statement from the White House said.

ACROSS THE NATION

Possible tornado causes damage outside Oklahoma City

SEMINOLE, Okla. (AP)—A suspected tornado touched down outside Oklahoma City on Wednesday, causing what appeared from televised reports to be minor damage and briefly trapping some people who were later rescued, authorities said. Seminole County Undersheriff Matt Haley told KOCO-TV that there were reports of people trapped because of the damage in the community of Seminole, but crews were able to get them out. Seminole is a city of about 7,500 people located about 60 miles (96.56 kilometers) southeast of Oklahoma City. Haley said he was unaware of any injuries. KOCO-TV showed video footage of damaged homes with exposed attics and insulation blown out.

US quietly expands asylum limits while preparing to end them

SAN DIEGO (AP)—The Biden administration has begun expelling Cubans and Nicaraguans to Mexico under pandemic-related powers to deny migrants a chance to seek asylum, expanding use of the rule even as it publicly says it has been trying to unwind it, officials said Wednesday. The U.S. struck an agreement with Mexico to expel up to 100 Cubans and 20 Nicaraguans a day from three locations: San Diego; El Paso, Texas; and Rio Grande Valley, Texas, according to a U.S. official with direct knowledge of the effort. The expulsions began April 27 and will end May 22, the official told The Associated Press on condition of anonymity because the agreement has not been made public. They are carried out under Title 42 authority, which was named for a public health law and used to expel migrants on the grounds of preventing the spread of COVID-19. Title 42 is due to expire May 23.

Texas student fatally stabbed at school; classmate jailed

BELTON, Texas (AP)—An 18-year-old student has died after he was stabbed during a fight at a Texas high school and another student was taken into custody, authorities said. Jose Luis Ramirez Jr. died after he was stabbed Tuesday morning in a campus bathroom at Belton High School, about 60 miles (100 kilometers) north of Austin, police said. Belton Police said Wednesday that Caysen Tyler Allison, an 18-year-old high school senior, was charged with murder in Ramirez's death. Allison remained jailed Wednesday evening. Jail records did not list an attorney who could on behalf of Allison. Authorities said that Allison ran out of the school after the stabbing and was taken into custody about 20 minutes later.

COMMONWEALTH ECONOMIC DEVELOPMENT AUTHORITY (CEDA)
PO Box 502149, Saipan, MP 96950
Tel. No. 670-234-6245 | Fax: 670-235-7147
Website: www.developcnmi.com

PUBLIC NOTICE
Friday, May 6, 2022

PURSUANT TO PUBLIC LAW 8-41, THE BOARD OF DIRECTORS OF THE DEVELOPMENT CORPORATION DIVISION (DCD) OF THE COMMONWEALTH ECONOMIC DEVELOPMENT AUTHORITY (CEDA) THRU ITS ACTING CHAIRMAN HEREBY INFORMS THE GENERAL PUBLIC THAT THE DCD BOARD OF DIRECTORS WILL HOLD ITS REGULAR MEETING ON WEDNESDAY, MAY 11, 2022, AT 5:00 P.M. THE MEETING WILL BE HELD AT THE CEDA CONFERENCE ROOM, FIRST FLOOR, CEDA BUILDING, OLEAI, SAIPAN. THE AGENDA FOR THIS MEETING IS AS FOLLOWS:

AGENDA

I. PRELIMINARY MATTERS
  A. Call to Order
  B. Roll Call
  C. Adoption of Agenda
  D. Adoption of Minutes - March 6, 2022
II. PUBLIC COMMENTS
III. REPORTS
  A. DCD Financial Status
IV. OLD BUSINESS
  A. Update on Loan Management System
V. NEW BUSINESS
  A. Deliberation and Board Action on FLIB Program
  B. Deliberation & Board Action on Loan Matters, as follows:
    1. Estate of John DLG. Pangelinan
    2. Quindy M. Maratita
    3. BIK Star Corporation
    4. Christopher & Diana Hocog
    5. Norisa SN. Camacho & Donovan P. Castro
    6. Marsha P. Barcinas
VI. OTHER MATTERS
VII. EXECUTIVE SESSION
VIII. ADJOURNMENT

All interested persons are welcome to attend and to submit written or oral testimony on the above agenda items. (Note: Pursuant to Public Law 8-41, Section 13(a)(7) and Section 1(c), the Board may vote to meet in executive session.)

/s/ ISIDRO K. SEMAN
Acting Chairman, DCD Board of Directors

COMMONWEALTH ECONOMIC DEVELOPMENT AUTHORITY (CEDA)
PO Box 502149, Saipan, MP 96950
Tel. No. 670-234-6245 | Fax: 670-235-7147
Website: www.developcnmi.com

PUBLIC NOTICE
Friday, May 6, 2022

PURSUANT TO PUBLIC LAW 8-41, THE BOARD OF DIRECTORS OF THE COMMONWEALTH ECONOMIC DEVELOPMENT AUTHORITY (CEDA) THRU ITS CHAIRWOMAN, HEREBY INFORMS THE GENERAL PUBLIC THAT THE CEDA BOARD OF DIRECTORS WILL HOLD ITS REGULAR MEETING ON WEDNESDAY, MAY 11, 2022 AT 6:30 P.M. THE MEETING WILL CONTINUE TO THURSDAY, MAY 12, 2022 AT 5:00 P.M. THE MEETING WILL BE HELD AT THE CEDA CONFERENCE ROOM, FIRST FLOOR, CEDA BUILDING, OLEAI SAIPAN. THE AGENDA FOR THIS MEETING IS AS FOLLOWS:

AGENDA

I. PRELIMINARY MATTERS
  A. Call to Order
  B. Roll Call
  C. Adoption of Agenda
  D. Adoption of Minutes - March 6, 2022
II. PUBLIC COMMENTS
III. REPORTS
  A. Executive Director's Report
    1. Loan Matters:
      a. Deliberation & Board Action on the Estate of John DLG. Pangelinan
      b. Deliberation & Board Action on Marsha P. Barcinas
  B. Comptroller's Report
    1. CEDA & SSBCI Financial Status
  C. Qualifying Certificate Program
    1. Presentation, Deliberation & Board Action – Saipan Globe International Group (SGIG) Request for Modification
    2. Deliberation & Board Action – Marshall Holdings CNMI LLC (MHCNMI LLC) Request for Modification
IV. OLD BUSINESS
  A. Update on the Saipan, Tinian & Rota Properties
V. NEW BUSINESS
  A. Approval & Adoption of CEDA Board Resolution 2022-001 (Bank Accounts' Signatories)
  B. Update – Commonwealth Utilities Corporation
VI. OTHER MATTERS
VII. EXECUTIVE SESSION
VIII. ADJOURNMENT

Your presence is highly appreciated.

/s/ AUBRY M. HOCOG
Chairwoman

JOB VACANCY ANNOUNCEMENT

ONE (1) SENIOR ACCOUNTING TECHNICIAN

DUTIES/RESPONSIBILITIES:
Compute, classify, and record numerical data to keep financial records complete. Perform any combination of routine calculating, posting, and verifying duties to obtain primary financial data for use in maintaining accounting records. Compute taxes owed, prepare tax returns, and ensure taxes are paid properly and on time. May also check the accuracy of figures, calculations, and postings pertaining to business transactions recorded by other workers. Operate computers programmed with accounting software to record, store, and analyze information. Check figures, postings, and documents for correct entry, mathematical accuracy, and proper codes. Comply with federal, state, and company policies, procedures, and regulations. Operate 10-key calculators, typewriters, and copy machines to perform calculations and produce documents. Receive, record, and bank cash, checks, and vouchers. Code documents according to company procedures. Perform financial calculations, such as amounts due, interest charges, balances, discounts, equity, and principal. Reconcile or note and report discrepancies found in records. Responsible for Payroll processing. Access computerized financial information to answer general questions as well as those related to specific accounts. Supervise the work of accounting & insurance clerks in the collection, aging of accounts monitoring, sending invoices and collection letters and notice of cancellation for overdue accounts. Supervise the disbursement of funds to vendors, premiums ceded to reinsurance, and to insurance claimants. Generally, accountable for the management of funds, revenue and expenditure accounts and budget units. Prepare management report such as risk exposure report periodically. Guarantee that controls are carried out, recorded and functioning efficiently and promptly in accordance with the company policies and procedures and seeing to it that the Company is in compliance with the laws regulating the CNMI insurance industry. Organize with internal and external auditors in relation to the office. Perform other related duties as assigned.

DESIRABLE QUALIFICATIONS:
- Associates Degree in Accounting, foreign equivalence is acceptable;
- At least 3 years' experience in bookkeeping; accounting or auditing clerk, preferably finance or insurance industry; and
- Must be knowledgeable in operating PC, adding machine, accounting software such as Peachtree and QuickBooks.

Interested individuals please send your resume with a list of references, photocopy of a valid photo identification card & updated police clearance to:

Joseph Castro Reyes, President
Pacific Basin Insurance Company
Ladera Bldg., Beach Road, Chalan Laulau
Saipan, MP 96950
Contact no. 670-234-5860
E-mail: pacificbasininsurance@gmail.com

WE ARE AN EQUAL EMPLOYMENT OPPORTUNITY EMPLOYER

PROCUREMENT AND SUPPLY
COMMONWEALTH HEALTHCARE CORPORATION

REQUEST FOR PROPOSAL (RFP)
RFP22-CHCC/SURGICAL EXPANSION-017

DESIGN SERVICES FOR EXPANSION OF THE SURGERY DEPARTMENT

The Commonwealth Healthcare Corporation (CHCC) is soliciting sealed proposals from prospective firms to provide Professional Services for Architectural and Construction of CHCC's 3-Level Parking Garage Project.

This procurement is in accordance with the CHCC procurement Regulations. Proposal procedures shall be in full compliance with CHCC §140-80.1-210 (Competitive Sealed Proposals of the CHCC Procurement Regulations.

The Request for Proposals and Scope of Work is available on April 29, 2022 online at www.chcc.health, navigate to the RFP tab on the left navigation bar, click on the URL for this **RFP22-CHCC/SURGICAL EXPANSION-017**.

Inquiries regarding this RFP must be submitted in writing via email to Ms. Cora P. Ada, Director of Procurement at cora.ada@chcc.health no later than May 23rd, 2022.

Selection Criteria:
Technical criteria
i. 25% Experience and Qualifications in similar or related projects
ii. 25% Technical approach to meet deliverables and meet timelines of the project. Must be financially stable and must have adequate equipment and tools.
iii. 25% Project Approach - demonstrate understanding and ability to meet requirements
iv. 25% Cost Proposal

The successful proposer will be subjected to a responsibility determination in accordance with CHCC Procurement Regulations §140-80.1-245.

Please email your proposal to Ms. Corazon P. Ada, Director, CHCC Division of Procurement and Supply, at **chcc.procurement@gmail.com** or submit five (5) hard copies including original copy, **no later than 10:00 AM Chamorro Standard Time (CHST) on May 30, 2022** at the CHCC Main Campus Office. Proposals received after the date and time will not be accepted

Please note submission instructions:
- All submissions must include the **RFP22-CHCC/SURGICAL EXPANSION-017** and Project Title in the email subject.
- All documents must be submitted in Adobe PDF Format.
- All pages of your proposal must include the RFP # and Project Title in the header, plus page number in the footer.

Proposers may opt to submit out (4) hard copies in addition to the original proposal (5 in total) to the CHCC Division of Procurement and Supply, CHCC Main Office, Saipan.

Failure to follow the instructions regarding the submission of RFP responses may result in the CHCC's choice to disqualify such proposals.

/S/ DR. ESTHER L. MUNA
CHC CHIEF EXECUTIVE OFFICER

/S/ CORA P. ADA
DIRECTOR OF PROCUREMENT & SUPPLY

Name: Anicia Louise Kisa Rabauliman and Aaron Joseph Satur Rabauliman
Address: P.O Box 502495, Saipan MP 96950
Phone: 783-4888

Pro Se

IN THE SUPERIOR COURT OF THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

In the Matter of the Petition for the Adoption of: A.J.I.K. – INITIALS ONLY Minor Child
By: Anicia Louise Kisa Rabauliman Aaron Joseph Satur Rabauliman Petitioners

FCD-AD CIVIL ACTION NO. 22-0129

NOTICE OF HEARING

Notice is hereby given that the above-entitled matter is set for a hearing on June 1, 2022 at 9:00 a.m. in Courtroom 217A before Associate Judge Teresa Kim-Tenorio.

Dated this 5th day of April, 2022

Patrick V. Diaz
Clerk of Court

/s/_____
CLERK OF COURT

Asia

Survivor found almost 6 days after China building collapse

AP

In this photo released by Xinhua News Agency, rescue workers evacuate the 10th survivor pulled alive after being trapped 132 hours from the debris of a self-built residential structure that collapsed in Changsha in central China's Hunan Province on Thursday May 5, 2022.

BEIJING (AP)—Rescuers in central China have pulled a woman alive from the rubble of a building that partially collapsed almost six days earlier, state media reported Thursday.

The unidentified woman is the 10th survivor of the disaster in the city of Changsha, in which at least five people have died and an unknown number, possibly dozens, are still missing.

She was rescued shortly after midnight on Thursday, about 132 hours after the rear of the six-story building suddenly caved in on April 29, the official Xinhua News Agency reported.

The woman was conscious and advised rescuers on how to pull her out without causing further injury, Xinhua said. Teams had used dogs and hand tools as well as drones and electronic life detectors in the search.

All the survivors were reportedly in good condition after having been treated in a hospital. Intermittent rain showers in recent days may have increased their chances of survival without food or water.

N. Korea fires ballistic missile amid rising animosities

SEOUL, South Korea (AP)—North Korea launched a ballistic missile toward its eastern waters on Wednesday, South Korean and Japanese officials said, days after North Korean leader Kim Jong Un vowed to speed up the development of his nuclear weapons "at the fastest possible pace" and threatened to use them against rivals.

The launch, the North's 14th round of weapons firing this year, also came six days before a new conservative South Korean president takes office for a single five-year term.

South Korea's Joint Chiefs of Staff said in a statement that the missile was fired from the North's capital region and flew to the waters off its eastern coast. It called North Korea's repeated ballistic missile launches "a grave threat" that would undermine international peace and security and a violation of U.N. Security Council resolutions banning any ballistic launch by the North.

HK reopens beaches, Beijing relaxes quarantine rules

BEIJING (AP)—Hong Kong on Thursday reopened beaches and pools in a relaxation of COVID-19 restrictions, while China's capital Beijing began easing quarantine rules for arrivals from overseas.

Hong Kong had closed water sports venues amid an outbreak of the highly transmissible omicron variant but has been tailing off restrictions as new case numbers fall. Deaths from COVID-19 have fallen from a high of almost 300 per day in March to zero in recent days.

Restaurants are also allowed to seat up to eight customers to a table—from four previously—and masks will no longer be required during outdoor exercise, a change that's important mainly to organizers of group sporting events.

"We're looking forward to Mother's Day, and being able to have up to eight people sitting at a table," said William So, assistant general manager of the London Restaurant, a long-time destination for traditional dim sum.

ASIAN BRIEFS

Hong Kong reopens beaches, Beijing relaxes quarantine rules

BEIJING (AP) — Hong Kong on Thursday reopened beaches and pools in a relaxation of COVID-19 restrictions, while China's capital Beijing began easing quarantine rules for arrivals from overseas. Hong Kong had closed water sports venues amid an outbreak of the highly transmissible omicron variant but has been tailing off restrictions as new case numbers fall. Deaths from COVID-19 have fallen from a high of almost 300 per day in March to zero in recent days. Restaurants are also allowed to seat up to eight customers to a table — from four previously — and masks will no longer be required during outdoor exercise, a change that's important mainly to organizers of group sporting events. "We're looking forward to Mother's Day, and being able to have up to eight people sitting at a table," said William So, assistant general manager of the London Restaurant, a long-time destination for traditional dim sum.

World

Ukraine repels some attacks but fights rage at steel mill

AP

Smoke rises from the Metallurgical Combine Azovstal in Mariupol, in territory under the government of the Donetsk People's Republic, eastern Ukraine, Wednesday, May 4, 2022.

LVIV, Ukraine (AP)—Ukrainian forces said Thursday they repelled Russian attacks in the east and recaptured some territory, even as Moscow moved to obstruct the flow of Western weapons to Ukraine by bombarding rail stations and other supply-line targets across the country.

Heavy fighting also raged at the Azovstal steel mill in Mariupol that represented the last stronghold of Ukrainian resistance in the ruined southern port city, the Ukrainian military reported. A Russian official earlier denied that troops were storming the plant, but the commander of the main Ukrainian unit inside said Russian soldiers had pushed into the mill's territory.

"With the support of aircraft, the enemy resumed the offensive in order to take control of the plant," the General Staff in Kyiv said, adding that the Russians were "trying to destroy Ukrainian units."

To the west of Mariupol, Ukrainian forces made some gains on the border of the southern regions of Kherson and Mykolaiv, where Russian troops were reportedly trying to launch a counteroffensive, and repelled 11 Russian attacks in the Donetsk and Luhansk regions, the military said.

Five people were killed and at least 25 more wounded in shelling of several eastern cities over the past 24 hours, Ukrainian officials said.

The Russian military said it used sea- and air-launched missiles to destroy electric power facilities at five railway stations across Ukraine on Wednesday. Artillery and aircraft also struck troop strongholds and fuel and ammunition depots. Videos on social media suggested a bridge there was attacked.

Ukrainian Foreign Minister Dmytro Kuleba accused Russia of "resorting to the missile terrorism tactics in order to spread fear across Ukraine."

Responding to the strikes in his nightly video address, Ukrainian President Volodymyr Zelenskyy said: "All of these crimes will be answered, legally and quite practically – on the battlefield."

The flurry of attacks comes as Russia prepares to celebrate Victory Day on May 9, marking the Soviet Union's defeat of Nazi Germany. The world is watching for whether Russian President Vladimir Putin will use the occasion to declare a victory in Ukraine or expand what he calls the "special military operation."

A declaration of all-out war would allow Putin to introduce martial law and mobilize reservists to make up for significant troop losses.

Kremlin spokesman Dmitry Peskov dismissed the speculation as "nonsense."

Meanwhile, Belarus, which Russia used as a staging ground for its invasion, announced the start of military exercises Wednesday. A top Ukrainian official said the country will be ready to act if Belarus joins the fighting.

The British Defense Ministry said it does not anticipate that the drills currently posed a threat to Ukraine, but that Moscow will likely use them "to fix Ukrainian forces in the north, preventing them from being committed to the battle for the Donbas," the eastern industrial heartland that is Russia's stated war objective.

The attacks on rail infrastructure were meant to disrupt the delivery of Western weapons, Russian Defense Ministry spokesman Maj. Gen. Igor Konashenkov said. Defense Minister Sergei Shoigu complained that the West is "stuffing Ukraine with weapons."

A senior U.S. defense official, speaking on condition of anonymity to discuss the Pentagon's assessment, said that while the Russians have tried to hit critical infrastructure around the western city of Lviv, specifically targeting railroads, there has been "no appreciable impact" on Ukraine's effort to resupply its forces. Lviv, close to the Polish border, has been a major gateway for NATO-supplied weapons.

Weaponry pouring into Ukraine helped its forces thwart Russia's initial drive to seize Kyiv and seems certain to play a central role in the growing battle for the Donbas.

Ukraine has urged the West to ramp up the supply of weapons ahead of that potentially decisive clash.

Off The Wall

Your dog's personality may have little to do with breed

AP

Dachshund dogs wait in a box before competition at a dog show in Dortmund, Germany, on Friday, Oct. 13, 2017.

WASHINGTON (AP)—Research confirms what dog lovers know—every pup is truly an individual.

Many of the popular stereotypes about the behavior of golden retrievers, poodles or schnauzers, for example, aren't supported by science, according to a new study.

"There is a huge amount of behavioral variation in every breed, and at the end of the day, every dog really is an individual," said study co-author and University of Massachusetts geneticist Elinor Karlsson.

She said pet owners love to talk about their dog's personality, as illustrated by some owners at a New York dog park.

Elizabeth Kelly said her English springer spaniel was "friendly, but she's also kind of the queen bee." Suly Ortiz described her yellow Lab as "really calm, lazy and shy."

And Rachel Kim's mixed-breed dog is "a lot of different dogs, personality wise—super independent, really affectionate with me and my husband, but pretty, pretty suspicious of other people, other dogs."

That kind of enthusiasm from pet owners inspired Karlsson's latest scientific inquiry. She wanted to know to what extent are behavioral patterns inherited—and how much are dog breeds associated with distinctive and predictable behaviors?

The answer: While physical traits such as a greyhound's long legs or a Dalmatian's spots are clearly inherited, breed is not a strong predictor of any individual dog's personality.

The researchers' work, published Thursday in the journal Science, marshals a massive dataset to reach these conclusions—the most ever compiled, said Adam Boyko, a geneticist at Cornell University, who was not involved in the study.

Dogs became humanity's best friend more than 14,000 years ago, as the only animal domesticated before the advent of agriculture.

But the concept of dog breeds is much more recent. Around 160 years ago, people began to selectively breed dogs to have certain consistent physical traits, like coat texture and color and ear shape.

Americans bring 'souvenir' artillery shell to airport

JERUSALEM (AP)—A bomb scare set off scenes of panic at Israel's airport after an American family showed up with an unexploded artillery shell they had found in the Golan Heights and intended to bring back as a souvenir.

Videos circulating online showed passengers ducking for cover, running and screaming at the departure hall of Ben Gurion International Airport on Thursday.

The airport authority said security officers sounded an alert when they discovered the unexploded shell. At least one person was injured after trying to run on a conveyer belt, it said.

Normal operations resumed after the shell was safely removed a short time later. The family was released after questioning.

AP

In this photo provided by Israel's airport authority, shows an unexploded artillery shell at the Ben Gurion International Airport in Lod, Israel, Friday, April. 29, 2022.

Israel captured the Golan Heights from Syria in the 1967 war, and the area saw heavy fighting during that war and another Arab-Israeli war six years later. Areas known to contain unexploded munitions are clearly marked and fenced off.

Israel annexed the strategic plateau in 1981 and today it is a major tourist draw, with wineries, popular hiking spots and a small ski resort with a short season. Prime Minister Naftali Bennett announced plans to boost Israeli settlement in the territory in December.

The Trump administration broke with decades of American policy to recognize Israel's claim to the Golan, making the United States the only country to do so.

Israel says it needs the Golan, which has soaring views over Lebanon and Syria, for its security. Syria has long insisted the entire territory be returned to it in any peace deal.

Science & Technology

Remove your personal info from Google search results

By ETHAN BARON
THE MERCURY NEWS

Google has just started accepting applications to have personal information such as phone numbers and physical and email addresses removed from search results.

The Mountain View digital-advertising and internet-search giant said in a recent blog post that it has broadened the scope of data people can ask to have taken down, because "with information popping up in unexpected places and being used in new ways … our policies and protections need to evolve."

Previously, to consider removal of phone numbers and addresses, Google would require a person to show that such information was revealed alongside a threat or a call for the person to be hurt or harassed.

To apply to have information removed, people must use Google's online form to send in URLs — webpage addresses — showing the content, and the company also asks for a URL of the search results showing the link to the content, plus screenshots of the content, to facilitate processing the request.

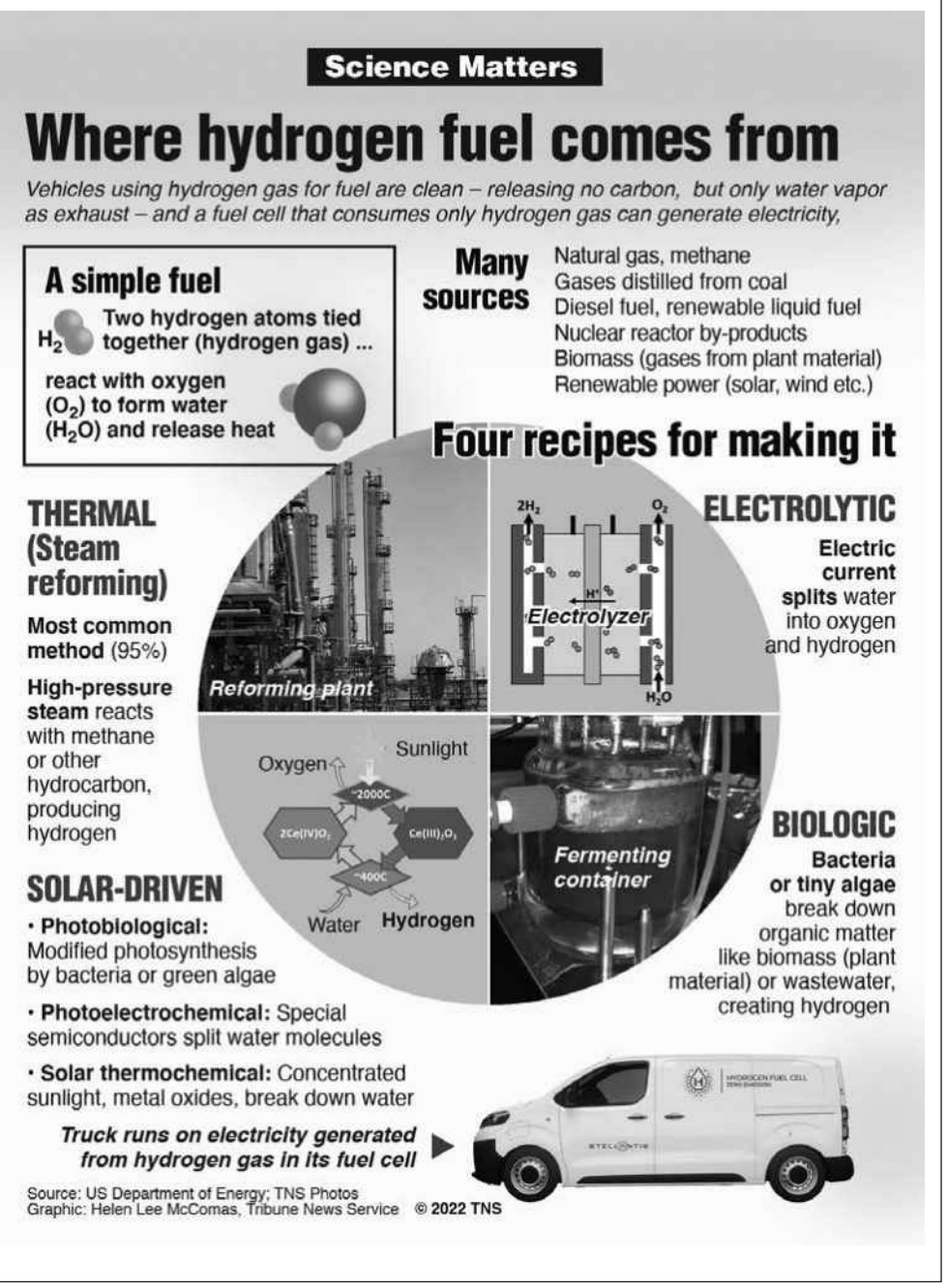
"The availability of personal contact information online can be jarring — and it can be used in harmful ways, including for unwanted direct contact or even physical harm," Michelle Chang, Google's global policy lead for Search, said in the blog post.

The company will deny requests if its review determines that taking down the page would limit availability of other information that is newsworthy or otherwise "broadly useful" to the public, or if the information appears in the public record on government or official websites, Google said.

The company's policies also allow for removal from search results information such as medical records, and confidential data that could be used for identity theft or financial crimes, like log-in credentials, Social Security numbers, bank account and credit card numbers, and images of signatures and identification documents.

Removing the personal information will be done by ensuring the web page containing it does not appear in search results, Google said. In some cases, particularly when the information at issue is data such as bank account and credit card numbers, the page will be removed from results of any searches, while in other cases the page will not appear in results for searches containing the person's name or another identifier.

"It's important to remember that removing content from Google Search won't remove it from the internet, which is why you may wish to contact the hosting site directly, if you're comfortable doing so," Google cautioned in an explainer.


Science Matters
Where hydrogen fuel comes from
Vehicles using hydrogen gas for fuel are clean – releasing no carbon, but only water vapor as exhaust – and a fuel cell that consumes only hydrogen gas can generate electricity,
A simple fuel
Two hydrogen atoms tied together (hydrogen gas) ...
react with oxygen (O_2) to form water (H_2O) and release heat
Many sources
Natural gas, methane
Gases distilled from coal
Diesel fuel, renewable liquid fuel
Nuclear reactor by-products
Biomass (gases from plant material)
Renewable power (solar, wind etc.)
Four recipes for making it
THERMAL (Steam reforming)
Most common method (95%)
High-pressure steam reacts with methane or other hydrocarbon, producing hydrogen
Reforming plant
ELECTROLYTIC
Electric current splits water into oxygen and hydrogen
Electrolyzer
SOLAR-DRIVEN
• Photobiological: Modified photosynthesis by bacteria or green algae
• Photoelectrochemical: Special semiconductors split water molecules
• Solar thermochemical: Concentrated sunlight, metal oxides, break down water
Oxygen
Sunlight
Water
Hydrogen
BIOLOGIC
Bacteria or tiny algae break down organic matter like biomass (plant material) or wastewater, creating hydrogen
Fermenting container
Truck runs on electricity generated from hydrogen gas in its fuel cell
Source: US Department of Energy; TNS Photos
Graphic: Helen Lee McComas, Tribune News Service © 2022 TNS

Life & Style

Amber Heard testifies she was assaulted by Johnny Depp

FAIRFAX, Va. (AP)—Amber Heard said she knew she should leave Johnny Depp the first time he hit her, but she couldn't bring herself to do it.

"I knew I couldn't just forgive him, right, because that means it will happen again. Like, I've seen the health class videos," Heard told jurors through tears as she took the stand in Depp's libel lawsuit against her. "I was heartbroken."

Heard said she walked away after being slapped, but a few days later Depp came back with an apology, a few cases of her favorite wine, and a promise he'd never do it again.

"I wanted to believe him, so I chose to," she said.

Depp, 58, is suing Heard for libel in Fairfax County Circuit Court after she wrote a December 2018 op-ed in The Washington Post describing herself as "a public figure representing domestic abuse." The article never mentions Depp by name, but Depp's lawyers say he was defamed nevertheless because it clearly referred to accusations she made in 2016 during their divorce proceedings.

Much of the trial has focused on whether Heard was in fact abused, something Depp denies.

Heard took the stand for the first time Wednesday. She also described a time she said she was sexually assaulted by Depp as he angrily performed what he called a "cavity search."

She said the two of them and some friends had gone to the Hicksville Trailer Palace in Joshua Tree, California, in May 2013 for what was going to be a nice night in the desert. They ingested psychotropic mushrooms, and Depp became jealous when he saw another woman acting in what he perceived as a flirtatious manner with Heard.

AP

Actor Amber Heard testifies in the courtroom at the Fairfax County Circuit Court in Fairfax, Va., Wednesday May 4, 2022.

Heard said she and Depp went into one of the trailers, which he promptly trashed. He then accused her of hiding his drugs, ripped her dress and started patting her down, she said.

"He was telling me, 'We're going to do a cavity search,'" she said through tears. "He just shoved his fingers inside me. I just stood there, staring at the lights."

Heard began her testimony describing to jurors how they met filming a movie and fell in love.

Despite their 22-year age difference, Heard said there was an instant connection when Depp met with her as he considered her for a role in his film "The Rum Diary."

"I was a no-name actor. I was 22. He was twice my age. He's this world famous actor and here we are getting along about obscure books, old blues" music, said Heard, now 36.

While they had chemistry during filming of the movie, she said they didn't begin dating until doing a press tour for the film's release in 2011. At the outset, they kept their relationship a secret.

"We weren't doing normal life stuff. ... We were in this bubble of secrecy, and it felt like a warm glow," she said.

She said that first act of physical violence came in 2013 as she was looking at one of his tattoos and couldn't read it. She laughed when Depp told her it said "Wino" — an alteration to a tattoo he had made when he'd been dating actor Winona Ryder.

Heard said she laughed again after he slapped her, thinking it must be a joke. He then slapped her two more times, the third time knocking her off balance, Heard said.

Depp, who has already taken the stand and testified for four days, told jurors a different version of the story.

"It didn't happen," he said of the alleged assault. "Why would I take such great offense to someone making fun of a tattoo on my body? That allegation never made any sense to me."

Through most of Heard's testimony, Depp stared down at the table in front of him.

Heard said Depp's violent episodes were usually triggered by some combination of jealousy and drug or alcohol use.

"Johnny on speed is very different from Johnny on opiates. Johnny on opiates is very different from Adderall and cocaine Johnny, which is very different from quaaludes Johnny, but I had to get good at paying attention to the different versions of him," she said.

Dave Chappelle tackled during comedy show, police arrest man

LOS ANGELES (AP)—Comedian Dave Chappelle was tackled during a performance at the Hollywood Bowl Tuesday night and a man was later arrested.

Security guards chased and overpowered the attacker, and Chappelle was able to continue his performance while the man was taken away in an ambulance.

The assailant was carrying a replica handgun with a large blade that folded out of it similar to a pocket knife, according to a photo released by police.

Chappelle

Isaiah Lee, 23, was detained and arrested for assault with a deadly weapon, said Officer Alba Mendez, a Los Angeles Police Department spokesperson.

Lee was treated by medical staff for an unspecified injury and was booked into jail early Wednesday and held in lieu of $30,000 bail, Mendez said. It was not immediately known if he had retained a lawyer.

Mendez said a "famous comedian was performing" when Lee jumped onto the stage, tackled the celebrity and produced the replica handgun containing a knife blade. Mendez said the department did not name the celebrity because it does not confirm victim names.

Chappelle was performing his stand-up routine on the last of four nights at the amphitheater as part of the "Netflix Is a Joke" festival when the man rushed on stage and tackled him. Jamie Foxx was in the wings of the stage and Chappelle thanked him for responding to the attack. Chris Rock was there as well. He grabbed the mic and jokingly asked, "Was that Will Smith?"

Dolly Parton, Eminem, Richie get into Rock Hall of Fame

By MARK KENNEDY
AP ENTERTAINMENT WRITER

Eminem, Lionel Richie, Carly Simon, Eurythmics, Duran Duran and Pat Benatar have been inducted into the Rock & Roll Hall of Fame, a list that also includes Dolly Parton, who initially resisted the honor.

The honorees—voted on by more than 1,000 artists, historians and music industry professionals—"each had a profound impact on the sound of youth culture and helped change the course of rock 'n' roll," said John Sykes, the chairman of the Rock Hall, in a statement Wednesday.

Parton had previously gone on social media to "respectfully bow out" of the process, saying she did not want to take votes away from the remaining nominees and had not "earned that right." The Rock & Roll Hall of Fame Foundation responded by saying ballots had already been sent and it was up to the voters to decide if Parton was elected. Parton later said she would accept an induction.

In its citation, the hall called Parton "a living legend and a paragon of female empowerment," adding that "Her crossover success broadened the audience for country music and expanded the horizons for countless artists who followed."

Parton took to social media after the announcement to say she was "honored and humbled," thanking the voters, saying she will work hard "to live up to the honor" and adding: "Of course I will accept it gracefully."

Woman feels mistreated by disrespectful daughter

DEAR ABBY: I have a daughter, "Molly," who is in her late 30s. Her father and I divorced when she was an infant, and I raised her, with help from my family, until I remarried. Her father had visitation and paid child support, but that's where it ended. Throughout Molly's life, I have taken care of all medical expenses, extracurricular activities, etc., and I sacrificed so she could have what she needed.

The problem I'm having is that she treats me badly, while her father, his family, her husband's family and members of my family are put on a pedestal. The disrespectful way she talks to me and her superior attitude have sent me into depression. She doesn't answer texts or return my phone calls unless she feels like it or wants something.

There's the possibility that I'll be coming into some money soon, and I have been thinking about changing my will and not leaving her anything. I am seeing a therapist to figure out why I can't tell her how much her words and actions hurt me. I love Molly very much, but I don't like her. Shouldn't she be the one in therapy to figure out why she treats me this way?

MISTREATED MOM IN GEORGIA

DEAR MOM: People don't usually seek therapy unless they are hurting, as you are. Don't waste your time waiting for her to seek help for something she doesn't think is a problem. Your daughter is fine with the status quo because you haven't drawn the line and demanded to be treated with consideration. I don't know if she's aware that you are about to come into money, but when she finds out, you may discover she has a sudden change of attitude.

If the money comes through, I hope you will spend that windfall on things you enjoy—travel, cultural events, all the activities you missed out on while sacrificing for Molly. You deserve it; she doesn't. Please tell your therapist I said so. I'm quite sure your therapist will agree.

■■■■

DEAR ABBY: I renovated and moved into my girlfriend's house a year ago, to the tune of $80,000. We have been together 12 years and agreed that although neither of us wants to remarry, we should stop paying two mortgages because we are nearing retirement and should save money.

She has an old cat that is peeing all over the house. She says, "What do you want me to do about it?" I'm asking her to help me figure something out, but after more than a year of dealing with her cat peeing on everything from my children's beds to the carpets, nothing has changed. What can I say to get through to her that this is ruining our home and potentially getting people sick? I can't have guests over because of the smell.

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

FRUSTRATED OVER THE FELINE

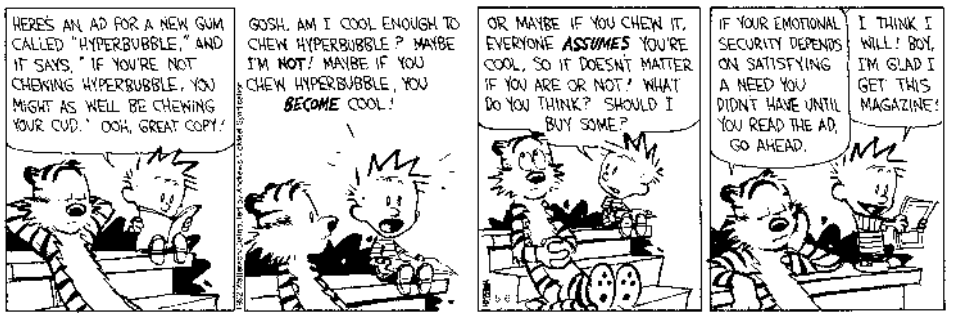
DEAR FRUSTRATED: You and your girlfriend should discuss this with the cat's veterinarian to find out if the animal's behavior is age-related and can't be controlled or a behavioral problem that can be corrected. Please don't wait to do it! You have my sympathy.

Good advice for everyone – teens to seniors – is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

Pastimes

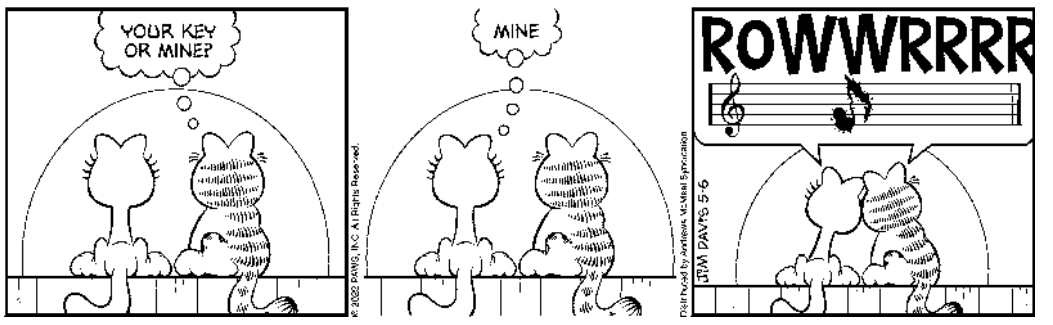
Calvin and Hobbes

By Bill Waterson


HERE'S AN AD FOR A NEW GUM CALLED "HYPERBUBBLE," AND IT SAYS, "IF YOU'RE NOT CHEWING HYPERBUBBLE, YOU MIGHT AS WELL BE CHEWING YOUR CUD." OOH, GREAT COPY!
GOSH, AM I COOL ENOUGH TO CHEW HYPERBUBBLE? MAYBE I'M NOT! MAYBE IF YOU CHEW HYPERBUBBLE, YOU BECOME COOL!
OR MAYBE IF YOU CHEW IT, EVERYONE ASSUMES YOU'RE COOL, SO IT DOESN'T MATTER IF YOU ARE OR NOT! WHAT DO YOU THINK? SHOULD I BUY SOME?
IF YOUR EMOTIONAL SECURITY DEPENDS ON SATISFYING A NEED YOU DIDN'T HAVE UNTIL YOU READ THE AD, GO AHEAD.
I THINK I WILL! BOY, I'M GLAD I GET THIS MAGAZINE!

Garfield®

By Jim Davis



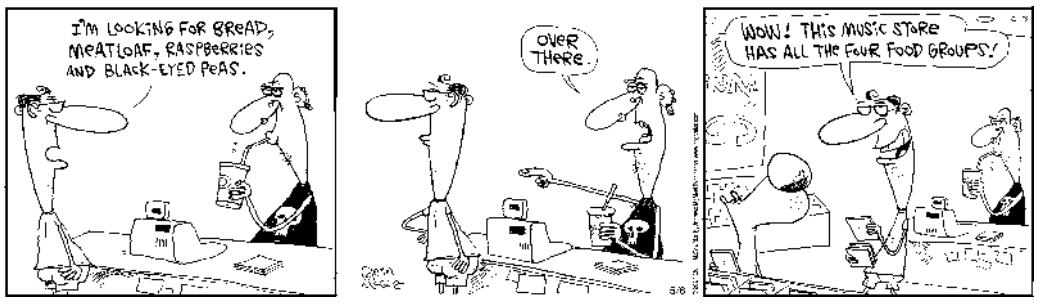
Adam@home

By Bryan Basset

WHAT, LADY HYGIENE? WHAT HAVE I DONE NOW?
I WATCHED YOU WASH YOUR HANDS, CITIZEN.
NO WAY DID YOU GET THROUGH "HAPPY BIRTHDAY" IN YOUR HEAD.
I DID THE SPEEDY VERSION.
125 BPM, SIR! I PUT THAT METRONOME BY THE SINK FOR A REASON!

The Duplex

By Glenn McCoy


I'M LOOKING FOR BREAD, MEATLOAF, RASPBERRIES AND BLACK-EYED PEAS.
OVER THERE.
WOW! THIS MUSIC STORE HAS ALL THE FOUR FOOD GROUPS!

CROSSWORD

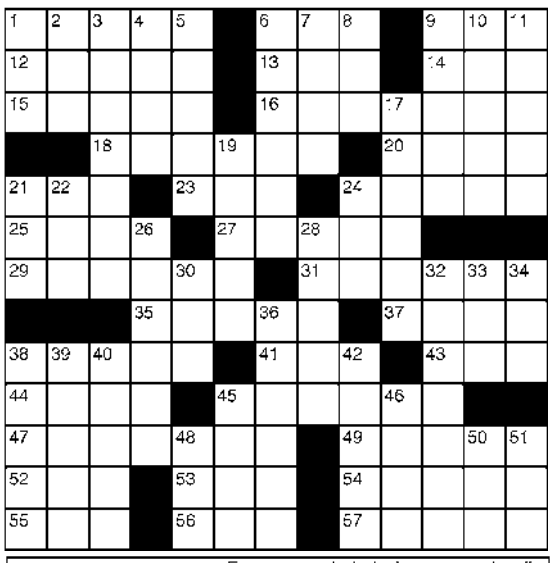
By Eugene Sheffer

ACROSS
1 Competitor
6 Chicago winter hrs.
9 Cleric's tunic
12 Actress Blunt
13 Have bills
14 R&B singer Des'—
15 Ice cream utensil
16 Colorful flowers
18 — van Beethoven
20 Brewer's kiln
21 Honest politician
23 Nay undoer
24 Battery measures
25 Campus mil. group
27 Goofed
29 Volcanic rock
31 Animal product shunners
35 Western resort lake
37 Poet Pound
38 Pious sort
41 —-Magnon
43 Small batteries
44 Radius neighbor
45 Not dressy
47 Red blooms
49 Adjust a tad
52 Away from WSW
53 Fawn's mom
54 Lasso
55 Stimpy's pal
56 Request
57 School paper

DOWN
1 Scale members
2 Little rascal
3 Bluish-purple flowers
4 Matty of baseball
5 Carter of "Wonder Woman"
6 More comfy
7 Big gulp
8 Sawbuck
9 Popular typeface
10 Opposite of most
11 Defeats
17 Pest
19 "Christina's World" artist
21 Wall St. whiz
22 Feathery wrap
24 Victory sign
26 40 winks
28 Camper owners, for short
30 Long. crosser
32 Spring bloomers
33 Gun lobby org.
34 Airline to Sweden
36 "Cars" frontman Ric
38 Terrific
39 Stag
40 How most contracts are signed
42 Unconventional
45 Corp. leaders
46 Dazzles
48 Lupino of film
50 — stand-still
51 Jay follower

Solution time: 25 mins.

Yesterday's answer 5-6



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Gabourey Sidibe, 39; George Clooney, 61; Tom Bergeron, 67; Willie Mays, 91.

Happy Birthday: Turn your vision into something concrete. Trust and believe in yourself and what you have to offer, and call on people who can contribute and help you excel. Look at change as a new adventure, and embrace what life offers. Put your energy into what you feel passionate about, and you will leave a lasting impression on those who doubted you. Your numbers are 4, 12, 21, 29, 35, 37, 42.

ARIES *(March 21-April 19):* Stick close to home, and don't reveal personal information. Put your energy into better living arrangements and lowering stress. Use experience and knowledge to overcome pitfalls you encounter. Be a good listener, and stay ahead of the competition. ✪✪

TAURUS *(April 20-May 20):* Time spent with a friend, relative or peer will reveal sensitive information that will clear up some of the uncertainty you face regarding your lifestyle. Assess what you want to pursue next. Physical improvements and a healthy lifestyle will energize you. ✪✪✪✪

GEMINI *(May 21-June 20):* A push will pay off. Focus on accomplishments, and follow through with a positive attitude and a workable plan. Stop worrying about what others do or think; take the path that makes sense to you. Romance will enhance your life. ✪✪✪

CANCER *(June 21-July 22):* Channel your energy into opportunity and proceed until you are happy with what you accomplish. Look for solid investments that will give you the financial security blanket necessary to put your mind at ease. A positive change is heading your way. ✪✪✪

LEO *(July 23-Aug. 22):* Talk until you come to an agreement that doesn't jeopardize your time, money or reputation. A friendly attitude will give you the edge when faced with difficult situations and people who pressure you to embrace a change you don't care to make. ✪✪✪

VIRGO *(Aug. 23-Sept. 22):* Pitch in and do your part. The suggestions you make and the changes you bring about will have a lasting effect. Do whatever it takes to get ahead. A joint venture will improve if you share a plan that offers equal opportunities. ✪✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Control your emotions. Concentrate on long-term effects. Find purpose in what you do, and it will give you peace of mind and make it easier for you to say no to offers that tempt you for the wrong reason. ✪✪

SCORPIO *(Oct. 23-Nov. 21):* Give your best, and you'll get high returns. Network, engage in events and be open to suggestions. The information you pick up will give insight into an investment with potential. A social event or reunion will lead to an exciting encounter. ✪✪✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Keep your financial matters in check. Don't take a risk or share expenses. Take care of your responsibilities and leave nothing undone. Clear your to-do list, and you'll enjoy peace of mind and downtime with friends and family. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Use your imagination and share your ideas and intentions. You'll attract a captive audience. Don't take a risk with your health or physical well-being. Protect against injury and illness. A change at home will lift your spirits. ✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Slow down, savor the moment and relax in the confines of your home. Taking time out to rejuvenate will also encourage clarity regarding your next move. Formulate a plan, and you'll feel good about taking a leap of faith. Romance is featured. ✪✪✪

PISCES *(Feb. 19-March 20):* You know what others expect from you. Put the work behind you without complaint, and move on to more enjoyable situations and pastimes. Venturing out and trying something new and exciting will stimulate the body, mind and soul. Express your feelings. ✪✪✪✪✪

Birthday Baby: You are changeable, eager and helpful. You are passionate and original.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

4		3	8		1	6	
5							
6				7	3		
2			4				
5							6
			2			3	
	1	4				9	
						7	
7	8		1	6		2	

Difficulty Level ★★★★ 5/06

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Yesterday's Answer

8	7	6	3	9	5	1	4	2
5	4	9	1	7	2	8	3	6
1	2	3	6	4	8	9	5	7
3	6	1	2	5	9	7	8	4
7	5	8	4	1	3	2	6	9
4	9	2	8	6	7	3	1	5
6	3	4	7	2	1	5	9	8
9	1	7	5	8	6	4	2	3
2	8	5	9	3	4	6	7	1

Difficulty Level ★★★★

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WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

YOSHIMOTO CUBES Solution: 6 letters

S	L	D	E	T	C	E	S	S	I	D	D	I	R	G
E	E	A	T	C	E	N	N	O	C	I	K	O	A	N
S	L	T	C	S	A	C	O	L	O	R	S	S	P	I
R	P	G	A	I	U	S	R	V	P	A	N	E	L	M
E	Y	E	N	L	N	E	S	E	R	E	C	A	F	I
K	R	R	J	A	P	A	N	E	S	E	I	L	M	T
C	A	P	T	A	I	M	H	T	M	R	V	S	C	R
I	M	L	P	E	N	R	E	C	O	B	I	L	H	A
T	I	A	A	O	M	R	T	T	E	N	L	M	I	N
S	D	S	I	C	C	O	U	T	A	M	D	E	L	S
Q	S	T	Z	E	I	T	E	H	E	I	E	T	D	F
U	C	I	S	Y	O	T	C	G	V	F	E	A	R	O
A	K	C	O	L	B	E	R	I	O	O	P	L	E	R
R	V	O	L	U	M	E	D	E	M	L	S	Z	N	M
E	P	R	O	B	L	E	M	L	V	D	A	Y	D	E

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Action, Assembled, Block, Children, Colors, Connect, Crease, Dissected, Divide, Dyad, Eight, Face, Fold, Geometry, Grid, Japanese, Mechanical, Mechanism, Metal, Move, Naoki, Panel, Paper, Plastic, Problem, Pyramids, Seal, Secret, Silver, Solve, Speed, Square, Stickers, Templates, Timing, Toys, Transform, Triangle, Tutorial, Vertical, Volume

Yesterday's Answer: Pizza

To purchase **Jo's Jewels Collector's Edition** visit www.WonderWordBooks.com or call 1-800-642-6480.

Adebayo, Butler lead Heat past 76ers 119-103 in Game 2

AP

Philadelphia 76ers guard Tyrese Maxey (0) drives to the basket as Miami Heat center Bam Adebayo (13) defends, during the first half of Game 2 of an NBA basketball second-round playoff series, Wednesday, May 4, 2022, in Miami.

MIAMI (AP)— Bam Adebayo caught a lob for an alley-oop dunk midway through the fourth quarter, then threw a lob to Jimmy Butler for another dunk about a minute later.

Both were very easy.

Joel Embiid could complicate those plays going forward — and the Miami Heat are heading north expecting that he might be waiting for them.

Adebayo scored 23 points, Butler had 22 points and 12 assists, and the Heat beat the Philadelphia 76ers 119-103 on Wednesday night for a 2-0 lead in the Eastern Conference semifinals.

"It's always nice to win," Butler said. "We just did what we're supposed to do at home."

Victor Oladipo scored 19 points on his 30th birthday and Tyler Herro added 18 for the Heat, the East's No. 1 seed. Oladipo had 10 of those points in the fourth quarter.

Tyrese Maxey scored 34 points for Philadelphia, which got 21 from Tobias Harris and 20 from James Harden.

"We've just got to go back to the drawing board and try to figure it out," Maxey said.

A 10-0 run in the fourth turned an eight-point Miami lead into an 18-point edge, sealing the win and ensuring the Heat would hold home court before the series shifts north. Game 3 is Friday in Philadelphia.

And now, the Heat will hope history holds — and the 76ers will hope it doesn't.

Miami has taken a 2-0 lead in 18 previous series, including the first round this season against Atlanta, and won the matchup every time. The 76ers' franchise has dropped the first two games of a matchup on 19 other occasions, never recovering to win the series.

The question going into Friday will revolve around whether Embiid could be ready for Game 3. The league's scoring champion and MVP finalist is recovering from an orbital fracture and concussion and has, not surprisingly, been big-time missed by the 76ers.

"We don't have a big man right now," Philadelphia coach Doc Rivers lamented.

Adebayo surely isn't complaining. He was 8 for 10 from the field and 8 for 8 from the line in Game 1; he followed that up with a 7-for-11 night from the floor on Wednesday.

But he said he's preparing as if Embiid will play Friday. And Butler, who is close with Embiid from their time together as teammates in Philadelphia, is hoping his MVP pick can play in the series.

"I want to compete against him," Butler said. "I really do."

Rivers, however, didn't sound optimistic about the possibility of Embiid being ready.

"He's got so many steps to go through," Rivers said. "I don't think he's cleared any of them right now."

It wasn't just the absence of Embiid, though, that hurt Philadelphia. The 76ers were awful again from 3-point range, shooting 8 for 30 in Game 2. They're now 14 for 64 from deep in the series.

"When it comes down to it, you've got to make shots, especially when you're on the road against a really good team," Harden said. "It's pretty simple."

Danny Green was 1 for 10 from the field — the second time in his playoff career that he had that many attempts and shot that poorly in a postseason game. The other? A 1-for-12 effort for San Antonio in 2013, also in Miami, the night the Heat won their third and most recent NBA title.

The Heat aren't close to that yet. But they are two wins from the East finals.

"It's not easy to get playoff wins." Heat coach Erik Spoelstra said. "We had some great stretches, particularly defensively. We had some really good stretches offensively. ... Our defense really carried us to the win, but we had some really timely offensive plays."

Suns 114, Mavericks 95

In Phoenix, Chris Paul scored 28 points, including 14 in another spectacular fourth quarter, to lead the Phoenix Suns over the Dallas Mavericks 129-109 on Wednesday night for a 2-0 lead in the Western Conference semifinals.

Paul — a 12-time All-Star who turns 37 years old on Friday — almost single-handedly turned a tight game into a comfortable victory, the Suns' 11th win in a row against the Mavericks counting regular-season games.

The Mavs led 60-58 at halftime but the Suns quickly recaptured the lead after Devin Booker hit back-to-back 3-pointers early in the third. The Suns took an 89-83 advantage going into the final quarter and it looked like a tough fight was coming.

But that's about the time Paul decided the game was his to control, hitting six shots in a row on everything from 3-pointers to mid-range jumpers to layups. The feisty Mavericks finally didn't have an answer. Booker hit a pair of 3-pointers midway through the fourth to give the Suns a 114-95 lead.

Booker led the Suns with 30 points on 11-of-19 shooting, including 5 of 8 from 3-point range. The Suns shot 64.5% overall and made 52% of their 3-pointers.

Game 3 is on Friday in Dallas.

The Mavericks will go home in a 2-0 hole, desperately needing contributions from someone other than Luka Doncic, who scored 35 points on 13-of-22 shooting two nights after a 45-point performance in Game 1. Reggie Bullock added 16 points.

The Suns jumped out to a 9-0 lead for a second straight game, but the Mavericks had a better response than in Game 1.

Dallas slowly fought back and Spencer Dinwiddie hit a pair of free throws to tie the game at 38. Davis Bertans followed with a 3-pointer with 7:56 left in the second quarter to give the Mavs a 41-38 advantage and their first lead of the series.

The Mavs took a two-point lead after a foul-filled first half. Doncic scored 24 before the break on 9-of-14 shooting, including 4 of 7 from 3-point range. Crowder led the Suns with 15.

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Yankees' streak stopped in Toronto with 2-1 loss to Jays

TORONTO (AP)—Jordan Romano stranded the bases loaded in the ninth inning, making Vladimir Guerrero Jr.'s tie-breaking single stand up as the Toronto Blue Jays beat the Yankees 2-1 Wednesday night to end New York's winning streak at 11.

Matt Chapman homered and Yusei Kikuchi (1-1) allowed a run over a season-high six innings for Toronto, which narrowly held on. Kikuchi walked one and struck out a season-high seven.

Giancarlo Stanton hit a one-out single off Romano in the ninth and was replaced by pinch-runner Tim Locastro, who advanced to second on Josh Donaldson's hit. Aaron Hicks struck out and Joey Gallo walked to load the bases for Isiah Kiner-Falefa, who grounded out to end it.

Romano leads the majors with 12 saves in 13 tries. Toronto avoided being swept in the three-game series.

New York's 11-game run was its longest since a 13-game streak from Aug. 14 to 27, 2021.

Bo Bichette hit a two-out double in the third and Guerrero broke the deadlock with his single.

Cortes (1-1) allowed two runs and four hits in four innings. He walked four and struck out three.

AP

Toronto Blue Jays' Matt Chapman, right, is congratulated after his home run against the New York Yankees during the second inning of a baseball game Wednesday, May 4, 2022, in Toronto.

Brewers 18, Reds 4

In Milwaukee, Rowdy Tellez homered twice and set a Milwaukee Brewers record with eight RBIs in a blowout of reeling Cincinnati.

Tellez broke a 2-all tie and put the Brewers ahead for good with a 453-foot grand slam off Vladimir Gutiérrez (0-5) in the third inning.

Kolten Wong also homered for the Brewers. Andrew McCutchen went 4 for 5, scored twice and had four RBIs. Christian Yelich was 2 for 4 with three runs and two RBIs.

The Reds have lost eight straight and 19 of 20. They've also dropped their last 12 road games. It marks the first time since 1945 that Cincinnati has endured 12 consecutive road losses within the same season.

Angels 10, Red Sox 5, 10 innings

In Boston, Los Angeles scored six runs in the 10th inning, including a two-run homer by Taylor Ward and a three-run shot from Jared Walsh, to beat Boston.

All of the runs in the 10th came with two outs for the Angels, who had Max Stassi on second to start the inning. Ward drove in Stassi with a homer off Matt Barnes. Then Mike Trout singled and Shohei Ohtani walked. Anthony Rendon singled, scoring Trout before Walsh's homer.

Boston scored one in the bottom of the 10th — an RBI single from Jackie Bradley Jr.

White Sox 4, Cubs 3

In Chicago, Lucas Giolito struck out 10, Luis Robert made a game-saving catch and Matt Foster worked out of a major jam as the Chicago White Sox beat the Cubs at Wrigley Field.

José Abreu and Leury García homered for the White Sox, who overcame an early 3-1 deficit.

Giolito (1-1) reached double digits in strikeouts for the 14th time since joining the White Sox in 2017. He allowed three hits in 5 2/3 innings, including home runs by Nico Hoerner and Patrick Wisdom in the second. Liam Hendricks pitched the ninth for his seventh save.

Diamondbacks 8, Marlins 7

In Miami, Pavin Smith hit a two-run homer in the ninth inning, and Arizona beat Miami after left-hander Madison Bumgarner was ejected.

Bumgarner gave up a lead-off homer to Jon Berti in the first, and then retired the next three batters. As he was walking to the dugout, the pitcher gestured with his arm before holding his hand out for a foreign-substance check by first base umpire Dan Bellino.

Bumgarner said something to Bellino as the check was ending, and the umpire threw him out. Bumgarner then started yelling at Bellino and had to be restrained by some coaches.

Bellino told a pool reporter that Bumgarner was ejected for directing profanity at an umpire. Video of the foreign-substance check showed Bellino staring at Bumgarner while he repeatedly

patted his hand, but Bellino said he didn't think that was a factor in the ejection.

Daulton Varsho also homered for the Diamondbacks, who completed a three-game series sweep. Keynan Middleton (1-1) got the win, and Ian Kennedy earned his third save.

Dodgers 9, Giants 1

In Los Angeles, Mookie Betts and Max Muncy homered, Freddie Freeman added a two-run triple and Los Angeles swept a short series with San Francisco.

Trea Turner and Will Smith had RBI singles in the fourth inning for the Dodgers, who scored six runs in their final two at-bats. Los Angeles has won four of five and 15 of 20.

Tony Gonsolin (2-0) pitched five innings of three-hit ball for the Dodgers, striking out five and mostly avoiding trouble.

Orioles 9, Twins 4

In Baltimore, Cedric Mullins and Ramón Urías each hit a two-run homer during Baltimore's six-run third inning for a win over Minnesota.

The first-place Twins lost for the just the second time in 13 games. Dylan Bundy (3-2) allowed nine runs and 11 hits in 3 2/3 innings against his former team. Carlos Correa homered for Minnesota.

Kyle Bradish gave up four runs and six hits in four innings, but the Baltimore bullpen was solid the rest of the way. Cionel Pérez (1-0) went two innings to earn the win.

Braves 9, Mets 2

In New York, Adam Duvall hit a two-run double during Atlanta's seven-run sixth inning.

Dansby Swanson and Ronald Acuña Jr. added RBI singles in Atlanta's biggest inning of the season. Travis d'Arnaud walked with the bases loaded, and Matt Olson capped the outburst with a run-scoring groundout.

Atlanta's Ian Anderson (3-1), who grew up about three hours north of Citi Field in Clifton Park, pitched 5 2/3 innings of one-run ball.

Luis Guillorme homered in the ninth for New York, which had won three of four.

Rockies 5, Nationals 2

In Denver, Jose Iglesias had a two-run double and Connor Joe a two-run triple in consecutive at-bats in the fourth inning after a crucial error by shortstop Alcides Escobar, and Colorado rallied to beat Washington.

Charlie Blackmon added an RBI groundout in the five-run inning, while Austin Gomber (2-2) pitched 6 2/3 strong innings in the Rockies' fourth win in five games.

Lane Thomas hit his first homer and Cesar Hernandez went 2 for 4 with an RBI to extend his hitting streak to 10 games for the Nationals, who committed three errors.

Patrick Corbin (0-5) went all eight innings, giving up five runs — three earned — and nine hits with no walks and three strikeouts.

Gomber allowed two runs and seven hits with six strikeouts in his third straight strong outing. Daniel Bard pitched a perfect ninth for his seventh save.

Rangers 2, Phillies 1

In Philadelphia, Brad Miller hit a two-run single in the 10th inning to give Texas a win over Philadelphia.

Marcus Semien doubled and had two hits for the Rangers, who have won a season-high four in a row after sweeping the two-game series with the Phillies.

Nick Castellanos doubled and had three hits for Philadelphia. The Phillies have lost four of five since a four-game winning streak.

Padres 5, Guardians 4, Game 1
Guardians 6, Padres 5, Game 2

In Cleveland, San Diego's Mike Clevinger had an impressive first start since undergoing elbow surgery in 2020, and Manny Machado hit a two-run homer in the first game of a doubleheader.

And rookie Steven Kwan's RBI single in the 10th inning gave Cleveland the split in the doubleheader's nightcap against San Diego.

Machado connected in the third inning off Zach Plesac (1-3), and Austin Nola delivered a go-ahead RBI double in the sixth as the Padres won for the sixth time in seven games — all on the road.

Steven Wilson (3-0) got the win despite walking two in the fifth, and Taylor Rodgers pitched the ninth for his 10th save.

In the second game, Kwan bounced a single off Dinelson Lamet (0-1) through the right side to score Owen Miller from second and give Cleveland its first walk-off win in 2022.

Nick Sandlin (2-1) picked up the win in Game 2, working out of a bases-loaded jam in the 10th with an inning-ending double play.

Astros 7, Mariners 2

In Houston, Justin Verlander pitched five-hit ball into the seventh inning, helping Houston close out a three-game series sweep.

Alex Bregman had three hits and three RBIs for the Astros, and Michael Brantley drove in two runs.

Verlander permitted two runs in 6 2/3 innings. He is 3-1 with a 1.93 ERA in five starts this season in his return from Tommy John surgery.

Houston star Jose Altuve fouled a ball off his groin area in the fourth inning. He was replaced at second base to start the fifth, and the team said he left the game with right groin soreness.

Caredinals 10, Royals 0

In Kansas City, Mo., Adam Wainwright pitched seven sharp innings for St. Louis, and Nolan Arenado hit a three-run shot and finished with five RBIs.

Wainwright (3-3) allowed just a one-out single to Michael Taylor in the third against the weak-hitting Royals, whose only other baserunners against the 40-year-old right-hander came on a fielder's choice, an error and a walk.

Tyler O'Neill hit a two-run homer for St. Louis and finished with three RBIs, one of them coming against struggling Royals starter Kris Bubic (0-3), who retired just one batter before he was pulled after 24 pitches.

The final scheduled game between the cross-state rivals this year was moved from a night game to the afternoon because of the threat of rain, though sprinkles still fell on the sparse Kauffman Stadium crowd midway through it.

Rays 3, Athletics 0

In Oakland, Calif., Manuel Margot hit a two-run single in the eighth inning, and the Rays blanked the Athletics to complete a three-game sweep.

Margot came up with the bases loaded and two outs against Zach Jackson (0-1) and served an opposite-field single to right, scoring Brett Phillips and Randy Arozarena.

Tigers 3, Pirates 2, Game 1
Pirates 7, Tigers 2, Game 2

In Detorit, Willi Castro and Akil Baddoo scored on third baseman Ke'Bryan Hayes' two-out error during Detroit's three-run fifth inning, and the Tigers edged the Pirates in the first game of a doubleheader.

But Bryan Reynolds doubled in Pittsburgh's two-run seventh inning to split the doubleheader.

The Tigers finished with just three hits in the first game, but they scored three unearned runs. Alex Lange (1-1) got two outs for the win, and Gregory Soto worked the ninth for his fourth save.

Dillon Peters pitched 3 1/3 innings for Pittsburgh, and Bryse Wilson (0-1) struck out six in 3 2/3 innings, but was charged with the loss.

In the second game, Tigers reliever Drew Hutchinson (0-2) walked Ben Gemel to start the seventh with a 2-2 tie and Reynolds hit a bloop double to left.

Will Vest replaced Hutchinson and his wild pitch allowed Gemel to score the go-ahead run. He then hit Ke'Bryan Hayes and allowed a sacrifice fly to Daniel Vogelbach.

Gemel added an RBI single in the ninth — his fifth hit of the doubleheader — and Vogelbach made it 7-2 with a two-run homer.

Zach Thompson (1-3) got the win with a scoreless inning of relief. David Bednar pitched the final two innings for his third save.

Tigers starter Alex Faedo, making his major-league debut, allowed two runs on eight hits in five innings.

Tan: We will deliver a very good Mini Games

MARK RABAGO

Northern Marianas Sports Association president Jerry Tan delivers his message during the 2021 NMSA Awards Banquet last April 19 at Kensington Hotel.

Northern Marianas Sports Association president Jerry Tan is optimistic that the CNMI will be able to pull off a successful staging of the Northern Marinas Pacific Mini Games this coming June.

Between Super Typhoon Yutu and the COVID-19 pandemic that ultimately postponed the Mini Games from 2021 to 2022, Tan said the Commonwealth's hosting of the quadrennial event presented a lot of challenges.

"But through the help of the Mini Games organizing committee and the board of directions of NMSA, we will deliver a very good Mini Games. It won't be a perfect Mini Games but it will be a good Mini Games," he said during the 2021 NMSA Awards Banquet last April 19 at Kensington Hotel.

He also wants everyone in the CNMI to be cognizant that hosting the Mini Games doesn't happen all the time and is a once-in-a-lifetime opportunity for island nations under the Pacific Games Council.

"I've been talking to a lot of people around the island and asking everyone to really start paying attention to the Mini Games. We are the hosts and we are welcoming over 1,800 athletes and officials, who like us have not been traveling much. And when they do, they will be coming to Saipan, Tinian, and Rota."

Tan went on to point out that unlike the last time the CNMI played host to the Micronesian Games in 2006, this year's Mini Games will truly be hosted by the entire CNMI with triathlon conducting not one but three races on Rota and volleyball holding its consolation matches on Tinian.

"We made sure that we will hold sports events on all three islands and I would like to thank volleyball and triathlon for willing to host their respective sports outside the island of Saipan. But we also want you to be a real host to our visiting teams. We also need a lot of volunteers and I'm looking for volunteers and I'm looking for you to cheer team CNMI."

The NMSA president also gave kudos to local athletes of athletics, badminton, baseball, beach volleyball, golf, tennis, triathlon, *va'a,* and weightlifting who are currently training to best represent the CNMI in the quadrennial event set from June 17 to 25 this year.

"This is going to be an exciting competition but at the end of the day you will have to know how hard every sport and every athlete are currently training. I think most of you know, if you want to compete at the highest level you would have to put in a lot of hard work and this is one of the very few times that we're actually competing at home."

On the challenges the CNMI's Mini Games hosting is currently presenting, Tan said chief among them is the U.S. visa required for some athletes to enter the CNMI. He said this has been complicated more because many U.S. consulates are closed during the pandemic. Another problem that Tan stated is the construction at the Oleai Sports Complex and how it was delayed for months due to a myriad of reasons.

During his speech, Tan also acknowledged Gov. Ralph DLG Torres and his administration, Saipan Mayor David M. Apatang, NMSA board of directors, Commonwealth Healthcare Corp. CEO Esther Muña and her team and COVID-19 Task Force chair Warren Villagomez for helping in the successful staging of the Mini Games.

In the end, Tan hopes the 2022 Mini Games' legacy will results in a healthier CNMI.

"We want to do our best to support our community. Our goal is to get more people out and be active and healthier. It is not all about winning. It's about becoming a healthy community," he said. ***(With reports from Jinkim Abogado)***

TRIBUNE SPORTS SCORES

MLB STANDINGS

AMERICAN LEAGUE

East Division

W	L	Pct	GB
New York	18	7	.720	–
Toronto	16	10	.615	2½
Tampa Bay	15	10	.600	3
Boston	10	15	.400	8
Baltimore	9	16	.360	9

Central Division

Minnesota	15	10	.600	–
Chicago	11	13	.458	3½
Cleveland	11	13	.458	3½
Detroit	8	15	.348	6
Kansas City	8	15	.348	6

West Division

Los Angeles	16	10	.615	–
Houston	14	11	.560	1½
Seattle	12	13	.480	3½
Texas	10	14	.417	5
Oakland	10	15	.400	5½

NATIONAL LEAGUE

East Division

New York	18	9	.667	–
Miami	12	12	.500	4½
Atlanta	12	15	.444	6
Philadelphia	11	14	.440	6
Washington	9	17	.346	8½

Central Division

Milwaukee	17	8	.680	–
St. Louis	14	10	.583	2½
Pittsburgh	10	14	.417	6½
Chicago	9	15	.375	7½
Cincinnati	3	21	.125	13½

West Division

Los Angeles	16	7	.696	–
San Diego	16	9	.640	1
Colorado	14	10	.583	2½
San Francisco	14	10	.583	2½
Arizona	13	13	.500	4½

BY THE ASSOCIATED PRESS

ROLLERS

From Page 32

fundamental knowledge of the game. We, the coaches (David Apatang Jr. and Chioni Dela Cruz), just said our boys are physically there but mentally we needed to play a puzzle game with them. The boys just worked as a team in the waning seconds and they made their free throws."

Diaz, who subbed for Dela Cruz in the finals as the latter had work, thanked Rollers sponsors AP Consultant Company of Perry Inos Jr., Saipan Mayor David M. Apatang, RB Blas Camacho, JVJ Faith Lawn Care Service, Mr. and Mrs Iguel, David Apatang Jr., and the rest of the Rollers coaches Mike Mercado, Matt Iguel, and Marlene Lumabi, personal trainer James Lee, and Rollers tournament director Ethan Kwon for their invaluable contributions.

The Rollers founder also thanked the Rollers parents for coming to Agape Christian School and supporting the team.

"Collectively, I also want to make a big shoutout to Agape Christian School for hosting an 18-and-under basketball tournament and also coaches Eli Rangamar and Clint Albert for being the coordinators for this event. We, the Rollers, really appreciate them because running an event like this is not easy.

During the tournament, Diaz also helped coach Kagman Rollers and he's also proud of the team finishing third place after turning back ACS, 60-58.

"I also felt proud of the Kagman boys as they really showed a lot of heart. In the consolation match they were down to just five players because of cramping and they said 'just coach us and just do what you need to do.'"

Rollers Blue went 3-0 in pool play then beat ACS in the semis to advance to the finals. Team Mezzing was runner-up in the pool topped by Rollers Blue then defeated Kagman Rollers to punch a ticket to the finals.

The other teams that took part in the tourney were T-8, Rollers White, Team Latte, and Madsflex.

The Inaugural Agape Anniversary Youth Basketball Tournament was held in commemoration of the school's 15th year anniversary as well as Agape Christian Church's 30th anniversary.

ACC pastor Kok H. Pang congratulated Rollers Blue for winning the championship and thanked all the teams that took part in the competition.

"What a youth tournament! First and foremost, we thank our Lord for 30 years of blessings to the church and 15 blessed years for Agape. Secondly, thank you coach Elias Rangamar and Clint Albert for your great assistance in running the games. Thank you to the coaches and players of all eight teams who gave their all in this successful tournament. God willing, more will come in the future."

Rollers Blue 51 – Naraja 15, Toves 10, Agaus 7, Eugenio 6, Satur 5, Factor 4, Aldan 2, Garcia 2, Roquepo 1.

Team Mezzing 48 – Fiden 17, Atan 12, Kapwich 7, Basa 6, Tapay 5, Mamgati 1.

Scoring by halves: 25-33, 51-48.

BADMINTON

From Page 32

conducting are crash courses based on Badminton World Federation's coaching education program.

"What we're doing now is like a crash course for the coaches to help them out. We've delivered Shuttle Time courses for PE teachers online in the past but we're hoping to do face-to-face since I'm here. The first 10 lessons in Shuttle Time can be done even without a badminton court. So you can develop skills. You can develop physical activities for children, which is safe and fun for them that can also easily translate to developing badminton skills."

"I'll giving them a crash course with some modules in our coaching education program," added Piencenaves, who said that since those courses are designed for whole day session he will just find a way to cram them into 1-2 hour sessions.

Piencenaves said he's also quite excited with the introduction of Air Badminton, which is badminton played outdoors. "It's good start for children just wanting to learn badminton."

On badminton itself, Piencenaves said the sport is the fastest racket sport in the world and is the third most popular sport in the world, based on social media presence. He also noted the CNMI's capability to fully develop the sport for locals, adults, and children, making note of the new equipment coming in, fairly good facilities, and access to development officers like himself. ***(With reports from Chrystal Marino)***

CATALUNA

From Page 32

Cataluna said his driving and putting were just working for him during the last tournament. The owner of a construction company also said that everyone was fortunate that the weather last April 23 was fine.

"It was good weather and the course was OK except for few greens that were not cut and bumpy," he said.

Cataluna attributed his victory to playing golf everytime he can as he practices at least once a week, but mostly he winds up hitting the greens twice a week.

With the win, he joins January winner Mike Cruz, Mendoza, and March ace Dan Ganacias as early qualifiers for Fil-Taga's season-ending tournament.

In the par 3 competition, Cataluna got it in hole No. 6, while Jhun Cayetano won in hole No. 12. Mendoza was without peer in hole No. 15.

A total of 10 Fil-Taga members took part in the April tourney and the following are the rest of the players with their scores in parenthesis: Ruben Avendano (net 75), Bert Suda (net 77), Ed Varias (net 79), Jhun Cayetano (net 80), Ganacias (net 83), and Romy Cayetano (net 74).

Fil-Taga will hold its May Ace of the Month Tournament on May 28 with tee off at 11:30am at the Coral Ocean Point Golf Resort. The green fee is $45.

Adebayo, Butler lead Heat past 76ers 119-103 in Game 2

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Sports

Tan: We will deliver a very good Mini Games

PAGE 31

Rollers Blue golden in Agape youth tourney

MARK RABAGO
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ASSOCIATE EDITOR

Rollers Blue went undefeated over the weekend to rule the Inaugural Agape Anniversary Youth Basketball Tournament at the Agape Gymnasium along Middle Road in Gualo Rai.

CONTRIBUTED PHOTO

Rollers Blue's Frankie Satur was hailed MVP of the tourney. To his right is Agape Christian School pastor Kok H. Pang and to his left his tourney organizer Clint Albert.

Coach Joe Diaz's crew got into a huge hole early in the finals against Team Mezzing before rallying big time to win, 51-48.

DK Fiden was on fire early, scoring at will and wound up with 12 points to help Team Mezzing to a 33-25 lead at the half.

Roller Blue, however, would regroup in the second half and engaged Team Mezzing in a dogfight.

In the dying seconds, Merrick Toves would bail out Rollers Blue with 5 consecutive points to help his team take the lead and Leo Naraja would go 1-2 from the free throw line to peg the final score.

Naraja paced Rollers Blue in the championship game with 15 points, while Toves added 10. Fiden scored a game-high 17 markers, while Airson Atan added 12 in the setback. Rollers Blue center Frankie Satur was named MVP of the tourney.

Diaz commended the entire team for bucking a lack of practice time to win the championship. He also gave credit to Naraja and Toves for their clutch performances in the finals.

"Our boys didn't have much practice and we basically only had three practices before this tournament. We just went through our basic

See ROLLERS on Page 31

CONTRIBUTED PHOTO

The victorious Rollers Blue team poses with their coaches, tourney organizers, and Agape Christian School pastor Kok H. Pang after topping the Inaugural Agape Anniversary Youth Basketball Tournament last Saturday at the Agape Gymnasium along Middle Road in Gualo Rai.

Cataluna captures April tourney

By MARK RABAGO
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ASSOCIATE EDITOR

Freddie Cataluna was hailed Fil-Taga Golfers Association's April Ace of the Month Tournament held last April 23 at the Kingfisher Golf Links in Talafofo.

The Iloilo, Philippines native scored a net 71 after the 5-handicapper fired a gross score of 76 with identical 38s in the front and back nine.

February ace winner Lito Mendoza came in second with his net 72 following a gross 85 (43-42), while completing the Top 3 was Jess Yumul who wound up with a net 73 built around a gross of 97 (47-50).

See CATALUNA on Page 31

Cataluna

Badminton level 2 coach arrives on Saipan

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ASSOCIATE EDITOR

Badminton Asia development officer Ian Gil Piencenaves is currently on island to prepare the CNMI National Badminton Team for the Northern Marianas Pacific Mini Games 2022 as well as conduct coaching workshops for members of the Northern Marianas Badminton Association.

MARK RABAGO

On loan to Oceania Badminton from Badminton Asia, development officer and level 2 badminton coach Ian Gil Piencenaves is on island to conduct a weeklong training and coaching course.

The former Philippine national badminton player and level 2 badminton coach is actually on loan to Oceania Badminton from Badminton Asia to conduct the weeklong training and coaching course on Saipan.

"I'll be Saipan for a week. My main task is to train your national athletes for the Mini Games and my secondary task is to conduct level 1 courses for NMBA coaches in the CNMI. [I will introduce] routines that can help them improve and provide coaching tips," he said.

Piencenaves said it's not the first time he has met CNMI badminton players as they already rubbed elbows during tournaments in Guam in 2019 and in 2022. Asked what's his first impressions of the U.S. territory's national players, he said they all need to improve on physical fitness and work on their hitting and footwork.

"But one week is not really enough. I will surely give them drills and hopeful we can do more online coaching and [for the coaches] at least get them started on how training sessions are done."

Piencenaves also got to see NMBA's court at the TSL Sports Complex and said it has its pros and cons. "The TSL ceiling was quite low but good to develop doubles players because doubles is mainly a lot of flat, drive smashes compared to singles which you need height of your lift."

On the badminton venue for the Mini Games, he said once the matting and air-conditioning system at the Gilbert C. Ada Gymnasium are installed it will even be better than the gyms in Manila.

The Butuan, Philippines native said since he'll only be on island for a week, most of the workshops he will be

See BADMINTON on Page 31